

Cool 10 Minutes

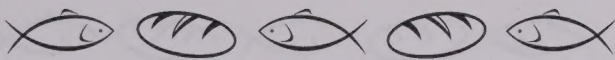


Cooking for the Masses

St. Stephen's
Reformed Episcopal Church

THE





For people with Diabetes
and Heart Disease

Cooking For the Masses

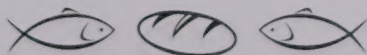
A Collection of Recipes from the
St. Stephen's Parishioners and Friends...
Montrose, Colorado
2012

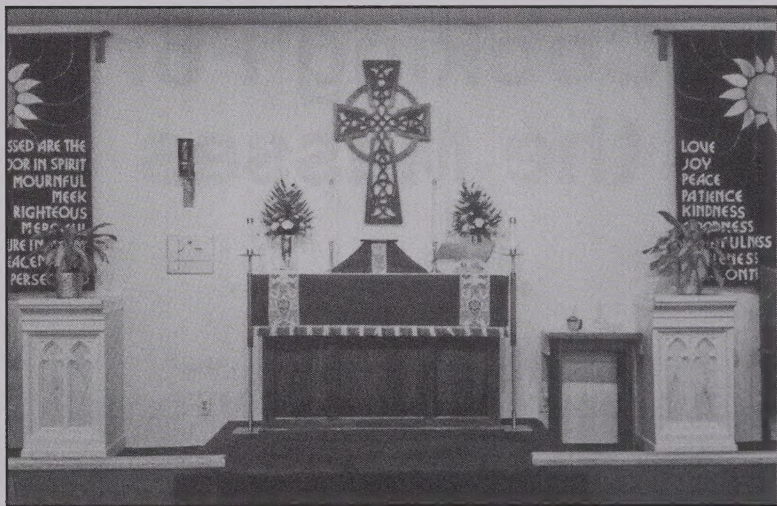
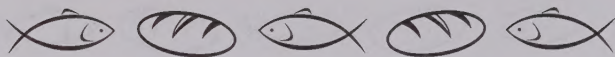
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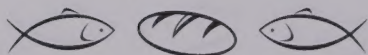


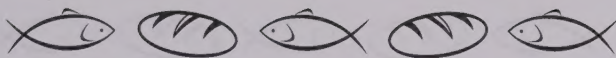
Dedication

God said to the Parishioners of
St. Stephen's Reformed Episcopal Church

Go Ye Forth and harvest many Recipes For the Masses.

Amen





For people with Diabetes and Heart Disease

In baking – use a tad less sugar than recipe calls for. Also, use a tad less salt. The taste or constancy won't be compromised and it all makes a difference.

Use Canola or Olive Oil.

Instead of shortening, use fat free butters or margarines.

Skim Milk – fat free evaporated milk, fat free sweetened condensed milk, fat free half & half.

Fat free/sugar free gelatin and puddings.

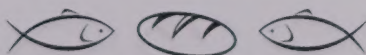
Check fat on fat free salad dressings and mayo.

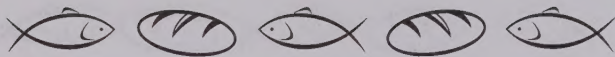
Fresh is better than canned. If you need to used canned, drain and rinse with cold water for veggies – it reduces the salt.

Buy water-packed fruit in its own juice. If not obtainable, drain and rinse.

Buy water-packed tuna, salmon.

These hints do not cut the flavor, but do help the health factors.





Tidbits

A tomato family is walking down the road and the baby tomato falls behind. The daddy tomato goes back, taps him on the head and says "Ketchup."

A minister was completing a temperance sermon. With great emphasis he said, "If I had all the beer in the world, I'd take it and pour it into the river." With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and pour it into the river." And then he finally said, "And if I had all the whiskey in the world, I'd take it and pour it into the river." Sermon complete, he sat down. The song leader stood very cautiously and announced with a smile, nearly laughing "For our closing song, let us sing Hymn #365, "Shall We Gather at the River."

Many years ago in Scotland, a new game was invented. It was ruled "Gentlemen Only...Ladies forbidden". Thus the word GOLF entered into the English language.

It's impossible to lick your elbow; 75% of people try to lick their elbow after reading this!

The state with the highest percentage of people who Walk to work: Alaska

What do bulletproof vests, fire escapes, windshield wipers and laser printers have in common? They were invented by women.

Coco-Cola was original green.

The first novel ever written on a typewriter: Tom Sawyer.

The San Francisco Cable cars are the only mobile National Monuments.

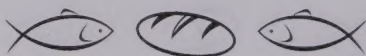
In English pubs, ale is ordered by pints and quarts...So in old England, when customers got unruly, the bartender would yell at them to "Mind your pints and quarts, settle down." It's where we get the phrase "mind your P's and Q's."

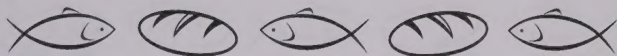
$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

What is the only food that doesn't spoil? Honey

Two of the greatest qualities in life are Patience and Wisdom.

Thank you for contributing to this cookbook! It wouldn't have been possible without you....





Mayonnaise Jar and 2 Cups of Coffee

When things in your life seem almost too much to handle, remember the Mayonnaise jar and 2 cups of coffee. When his class began, the professor picked up the jar and filled it with golf balls.

He asked the students if the jar was full; yes. He picked up a box of pebbles and poured them into the jar, they filled in the open spaces. He asked the students again if the jar was full; yes.

He then put sand into the jar. The sand filled up everything else. He asked if the jar was full; "Yes."

He then took 2 cups of coffee and poured them into the jar, filling the empty spaces. The students laughed. "Now," he said, as the laughter subsided, this jar represents your life.

The golf balls are important things - family, children, health, friends, and passions -- things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, house and car. The sand is everything else.

If you put the sand in first, there is no room for the pebbles or the golf balls. If you spend all your time on the sand, you will never have room for the things that are important.

Pay attention to critical things - your children; time to Pray; get medical checkups; family dinners. Play another 18. There will always be time to clean the house and fix the disposal.

"Take care of the golf balls first -- the things that really matter. The rest is just sand. A student raised her hand and inquired what the coffee representatives. The professor smiled. "I'm glad you asked ."

It just goes to show you no matter how full our life is there's always room for 2 cups of Coffee with a friend. Please share this with someone you care about, I just Did."



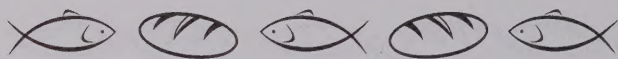
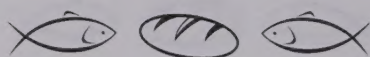


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Favorite Recipes

Appetizers & Beverages

Helpful Hints

- Add flavor to tea by dissolving old-fashioned lemon drops or hard mint candies in it. They melt quickly and keep the tea brisk.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes; steep longer if you want a stronger flavor.
- Always chill juices or sodas before adding them to beverage recipes.
- Calorie-free club soda adds sparkle to iced fruit juices and reduces calories per portion.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. It appears more decorative, prevents diluting, and does not melt as quickly.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- When making fresh lemonade or orange juice, one lemon yields about $\frac{1}{4}$ cup juice, while one orange yields about $\frac{1}{3}$ cup juice.
- Never boil coffee; it brings out acids and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use cold water for electric drip coffee makers. Use 1–2 tablespoons ground coffee for each cup of water.
- How many appetizers should you prepare? Allow 4–6 appetizers per guest if a meal quickly follows. If a late meal is planned, allow 6–8 appetizers per guest. If no meal follows, allow 8–10 pieces per guest.
- If serving appetizers buffet-style or seating is limited, consider no-mess finger foods that don't require utensils to eat.
- Think “outside the bowl.” Choose brightly-colored bowls to set off dips or get creative with hollowed-out loaves of bread, bell peppers, heads of cabbage, or winter squash.
- Cheeses should be served at room temperature—approximately 70°.
- To keep appetizers hot, make sure you have enough oven space and warming plates to maintain their temperature.
- To keep appetizers cold, set bowls on top of ice or rotate bowls of dips from the fridge every hour or as needed.

APPETIZERS & BEVERAGES

COCKTAIL BITES

*Danielle Kistler
Jerene Loeschman*

2 pkgs. little sausages
1 c. cranberry sauce

1 c. ketchup

Open packages of little sausages and drain off any liquid. Heat cranberry sauce and ketchup in slow cooker until warm and slightly smooth. Add little sausages and heat on low for 1 hour or until hot.

BONNIE'S CHICKEN GARLIC NACHOS

*Bonnie Porter
Dawn Vaillancourt*

1- T. butter
3-4 cloves minced garlic
Chicken, cooked and cut into pieces

1 jar jalapeño peppers
Nacho chips
1 med.-size bag Monterey Jack cheese, shredded

In a skillet melt butter and add minced garlic and chicken, cook for about 5 minutes until warmed. Put a sheet of tin foil on a cookie sheet, spray with cooking spray. Put a layer of nacho chips; add a layer of cheese and sprinkle chicken mixture over top of cheese. Put some slices of jalapeño peppers on top of cheese and sprinkle some of the juice from jar. Top with more cheese. You can layer as much as you want. Bake at 350° until cheese has melted, approximately 10-12 minutes.

CHEESE AND CHILIES APPETIZER

Jean Williams

8 eggs
½ c. all-purpose flour
1 tsp. baking powder
¾ tsp. salt
3 c. (12 oz.) shredded Monterey Jack cheese

1 ½ c. cream-style cottage cheese (sm. curd will work as well)
2 (4-oz.) cans dried mild green chilies

Beat the eggs in a large bowl with an electric mixture until very light, 4-5 minutes. Stir together the flour, baking powder and salt in another bowl. When well mixed, add to the eggs and mix very well. Fold in the cheeses and the green chilies. Turn into greased (or use cooking spray) 9 x 9 x 2-inch baking dish. Bake at 350° for 40 minutes. Remove from oven; let stand 10 minutes. Cut in 1-inch squares. Serve warm or cold.

MUSHROOM-SAUSAGE APPETIZERS

Nancy Strakbein

- 1 pkg. lg. fresh mushrooms
- 1/2-1 lb. ground sausage, cooked
- Parmesan cheese

Hollow out center of bottom of mushroom. Stuff with sausage. Put in baking pan and sprinkle with cheese. Bake at 350° for 20 minutes.

WARM CRAB AND ARTICHOKE DIP WITH FRENCH BREAD

Carol Peterson

- 1/2 c. mayonnaise
- 1 T. lemon juice
- 8 oz. frozen artichoke hearts, thawed and chopped
- 8 oz. shelled cooked crab
- 1/4 c. grated Parmesan cheese
- 1/2 tsp. salt
- 1/4 c. sliced almonds
- 1 (8 to 12 oz.) baguette
- 4 tsp. olive oil
- 1 tsp. each fresh thyme and oregano leaves

Preheat oven to 375°. In medium bowl combine mayonnaise, lemon juice, artichokes, crab, Parmesan cheese and salt. Pour into greased medium baking casserole dish. Sprinkle with almonds and bake until browned and bubbling, about 15 minutes. Score baguette 1 inch deep across loaf. Combine oil and herbs and brush over loaf, making sure to let oil soak into cuts. Toast in oven on a baking sheet for 5 minutes before serving with dip.

MOTHER'S OLIVE-NUT SPREAD

Margie Hutchinson

- 6 oz. softened cream cheese
- 1/2 c. mayonnaise
- 2 T. liquid from salad olives
- Dash of ground black pepper
- 1/2 c. chopped pecans
- 1 c. chopped salad olives

Combine cream cheese and mayonnaise, mix well. Now add the liquid and black pepper. Fold in pecans and olives. Store in glass jar or resealable container in refrigerator up to one week. Spread on bread or crackers.

ELEGANT ARTICHOKE DIP

Jean Williams

- 14-oz. can artichoke hearts in water
- 4 oz. nonfat cream cheese, softened at room temp.
- 1/2 c. low fat mayonnaise
- 3/4 c. grated Parmesan cheese
- 1 can water chestnuts, drained and chopped

(continued)

Preheat oven to 350°. Spray small baking dish with nonstick spray. Drain artichokes, press out moisture and chop into small pieces. In a mixing bowl blend together cream cheese, mayonnaise and Parmesan cheese. Mix in artichoke hearts. Pour into baking dish and bake 25 minutes. Serve hot or cold with butter crackers.

CURRY DIP

Julie Wahtola

- | | |
|---------------------|--------------------------|
| 1 T. sugar | 1 tsp. grated onion |
| 1 tsp. garlic salt | 1 T. apple cider vinegar |
| 1 tsp. curry powder | ½ c. sour cream |
| 1 tsp. horseradish | ½ c. mayonnaise |

Mix sugar, salt, curry powder, horseradish, onion, vinegar, sour cream and mayonnaise together. Use immediately or refrigerate. Serve with raw vegetables such as celery, carrots, cauliflower, broccoli, radishes, jicama or fruit: grapes, apples or pineapple.

DIABETIC MEXICAN LAYERED SPREAD

Myrtle Hogue

(Fat Free)

- | | |
|---------------------------------------|--|
| 1 (16-oz.) can fat-free refried beans | 1 c. shredded reduced-fat cheddar cheese |
| 1 c. fat-free sour cream | 1-3 T. thinly sliced green onion tops |
| 1 c. mild chunky salsa | |

Place beans in a 9-inch pie plate spreading them out evenly with the back of a serving spoon. Spread sour cream evenly over the beans. Spread salsa evenly over sour cream. Sprinkle evenly with cheese. Top with sliced green onion. Serve at once or cover and refrigerate. Keeps 3-4 days in refrigerator.

TOM'S CHIP DIP

Nancy Strakbein

- | | |
|---|---------------------------------|
| 1 can chili with no beans | 2 sm. diced onion, sauté |
| 2 cans canned tamales, mashed (take paper wrap off) | 1 sm. can chopped green chilies |
| 1 sm. Velveeta cheese, cut up | Lg. bag corn chips |

Put all ingredients in crockpot and heat until warm and mixed. Serve with bag of corn chips.

FRUIT & NUT SPREAD

Myrtle Hogue

1 (8-oz.) pkg. cream cheese, softened
¼ c. orange juice

½ c. dried cranberries
½ c. chopped pecans
Assorted crackers or breads

In a small mixing bowl, beat cream cheese and orange juice until smooth. Fold in cranberries and pecans. Cover and refrigerate at least 30 minutes. Yield: 1 ½ cups.

YUMMY SOUTHWEST-STYLE DRESSING OR DIP

Jean Williams

½ c. prepared Ranch dressing
½ c. sour cream
1 T. dry taco seasoning
Juice of ½ lime
1 T. Urban Accents brand Mesa Rose chipotle seasoning or reasonable smoky chipotle seasoning substitute

Salt and pepper to taste

Mix thoroughly and refrigerate to allow flavors to blend.

SHRIMP DIP

Margie Hutchinson

1 (8 oz.) softened cream cheese
1 can or fresh chopped shrimp
Grated onion

Worcestershire sauce
Lemon juice

Combine cream cheese, shrimp, onion, Worcestershire sauce and lemon juice in a medium bowl; mix well. Spread on bread or crackers.

PAT'S 7 LAYER TACO DIP

Dawn Vaillancourt

Spread ½ brick cream cheese, softened, whipped up
¾ (16-oz.) ctn. sour cream
Whole jar picante, mild or drained jar salsa
Can sliced black olives

Pretty ripe avocado, chunked sm.
Red pepper, chunked sm. fine
Bag Orange, shredded cheddar cheese

Layer ingredients in order as above in pie plate.

CREAM CHEESE DIP*Donna Mae Hogue**Myrtle Hogue*

- 1 (8-oz.) pkg. cream cheese**
- ¾ lb. grated cheddar cheese**
- ⅓ c. cream**

- Salt**
- 1 T. caraway seed**

Mix all together until well blended, adding caraway seed last.

DILL DIP*Myrtle Hogue*

- 1 c. fat free mayonnaise**
- 1 c. fat free sour cream**
- 2 T. parsley flakes**

- 2 T. instant onion flakes**
- 2 tsp. dill weed**
- 2 tsp. bon appetit seasoning**

Combine all ingredients. Place in refrigerator for 24 hours before serving.

ARTICHOKE DIP*Nancy Strakbein*

- 1 c. mayonnaise**
- 1 c. sour cream**
- 1 c. grated Parmesan cheese**

- 1 can artichoke hearts**
- Finger sandwich bread**
- Bag of chips**

Combine all ingredients and heat in microwave for 4 minutes. Serve on finger sandwich bread or chips.

SMOKED SALMON DIP*Sandy Williams**Mike Vaillancourt*

- 12 oz. smoked salmon, roughly chopped**
- 8 oz. cream cheese, softened**
- ½ c. sour cream**
- ½ c. mayonnaise**

- 1 tsp. Tabasco sauce**
- 2 cloves garlic, finely minced**
- 1 bunch green onion, finely chopped**

Mix cream cheese with chopped smoked salmon until combined. Stir in Tabasco sauce, sour cream and mayonnaise until smooth. Stir in garlic and green onion. Cover and refrigerate for at least 2 hours (to let the flavors mingle and get to know each other). Serve with crackers, tortilla chips, French bread, pretzel rods, celery sticks or your favorite dip delivery implement.

FRUIT DIP*Linda Swan**Margie Hutchinson*

- 8 oz. cream cheese, softened**
- 7 oz. marshmallow creme**
- ½ tsp. vanilla**

- ¼ tsp. lemon juice (you may add, if needed)**

(continued)

Mix all ingredients, use as dip with fruit. Serve with strawberries, maraschino cherries, mandarin oranges, red and green grapes, pineapple or kiwi slices all cut into bite-size pieces for dipping.

SHRIMP CHEESEBALL

*Delores McClain
Margie Hutchinson*

1 8 oz. cream cheese
1 T. lemon juice
1 tsp. red pepper

3 or 4 T. finely diced onion
1 ½ tsp. mustard
1 can shrimp, drained

Beat above together and form into ball. Roll in ground pecans.

CHEESE-ALMOND-BACON SPREAD

Julie Wahtola

½ c. slivered almonds
6-8 slices bacon, fried, cooled and crumbled
¾ c. or more sharp cheddar cheese, grated

½ c. mayonnaise
¼ c. minced fresh onion (less if onion is strong)
Salt to taste

Toast almonds in 350° until lightly browned. Use whole or coarsely chopped. Stir almonds, bacon, cheese, mayonnaise and onion together. Use immediately or refrigerate. Serve with crackers or stuff celery.

SWISS FONDUE

Karen Strakbein

1 lb. grated Swiss cheese
3 T. cornstarch
3 cloves garlic, crushed
¼-½ tsp. nutmeg

½ tsp. salt
¼ tsp. pepper
2 c. buttermilk
Cubed bread

Put cheese, cornstarch, garlic, nutmeg, salt, pepper and buttermilk in pot on low heat until melted, stirring occasionally. Serve with bread.

MINT JULEP

Father Jerry Kistler

4 or 5 mint sprigs
2 ½ oz. bourbon whiskey

½ oz. simple syrup
Mint sprig for garnish

Simple Syrup: One to one water to powdered sugar in a saucepan over medium heat, bring to a boil. Remove from heat. Steep chopped mint leaves covered in cheesecloth in the syrup for 30 minutes. Combine ½ ounce of syrup with bourbon in a julep cup or a Collins glass filled with crushed ice. Garnish with mint sprig.

KICKIN CRANBERRY COSMO

Dawn Vaillancourt

5 oz. diet cranberry juice

2 oz. vodka

Squeeze juice of ½ lime and mix together.

THE GREEN DRINK

Gay Flack

Pitcher:

1 env. unsweetened lemon-lime
flavored drink powder

¾ c. sugar

2 limes, peeled and quartered
and squeezed

2 c. chilled unsweetened
pineapple juice

4 c. cold water

Mix all ingredients in a blender for at least 30 seconds and pour over ice.

Individual Serving:

1 tsp. unsweetened lemon-lime
flavored drink powder

¼ c. sugar

1 lime, peeled, quartered and
squeezed

⅔ c. chilled unsweetened
pineapple juice

⅔ c. cold water

STRAWBERRY DAIQUIRI

Margie Hutchinson

1 ctn. frozen strawberries

1 sm. can crushed pineapple

1 (6-oz.) can frozen lemonade

6 oz. light rum

Finish filling blender with chopped ice. Blend for 30 seconds.

PARTY PUNCH

Margie Hutchinson

1 (6-oz.) box cherry Jello

2 c. hot water

2 c. sugar

6 c. cold water

2 (46-oz.) cans pineapple juice

Mix Jello and water together; add sugar, cold water and pineapple juice. Freeze mixture in two batches at this time. Once frozen, take out and chip up. Now pour ginger ale over the mixture. Makes about 5 gallons.

EGGNOG

Margie Hutchinson

9 eggs, separated

1 qt. whipping cream

2 c. sugar

1 pt. whiskey

(continued)

Beat egg yolks until light, then gradually add sugar. Add whiskey a little at a time, then add whipped cream then add very stiffly beaten egg whites.

SPICED TEA

*Carolyn Estes
Margie Hutchinson*

1 (7-oz.) jar Tang
½ c. instant tea
½ c. sugar

1 sm. pkg. lemonade
1 tsp. cinnamon
¼ tsp. cloves

Mix all together in covered container. Use 2 teaspoons of mixture in cup of boiling water.

SLIM DOWN STRAWBERRY DAIQUIRI

Dawn Vaillancourt

Strawberry drink mix
½ c. cold water
2.5 oz. rum

Squeeze of lime juice
3 frozen strawberries
4-6 ice cubes

Blend all together in blender.

SPICED CIDER

Margie Hutchinson

2 qt. apple cider
1 tsp. whole cloves
1 tsp. allspice

½ c. brown sugar
1 (3-inch) cinnamon stick

Put cider, cloves, allspice, sugar and cinnamon stick in pan or coffee pot and heat all together. One gallon equals 24 cups in coffee maker.

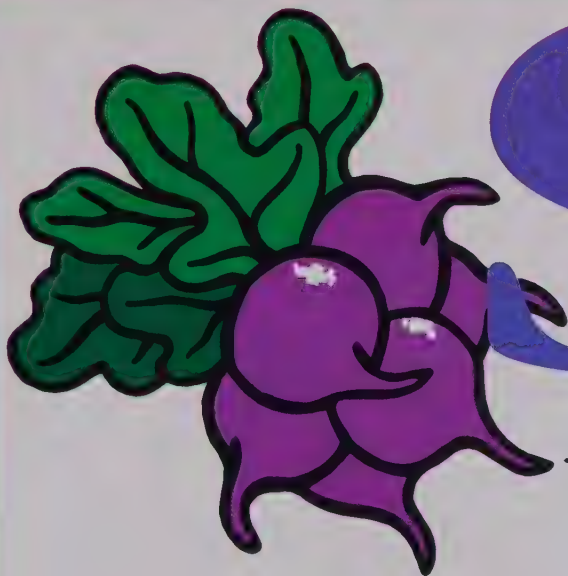
MARGARITAS

*Brian Cournoyer
Dawn Vaillancourt*

2 c. water
2 c. sugar
12 ice cubes
8 oz. lime juice
8 oz. lemon juice
4 c. tequila
2 c. triple sec

1 ½ c. orange liquor
1 lime, sliced
1 lemon, sliced
**1 jar cherries or fresh (handful),
opt.**
1 (64-oz.) jar

In saucepan combine water and sugar and boil until sugar dissolves, up to 5 minutes. Remove from heat and cool; add ice cubes. In jar, put sugar mixture then add lime juice, lemon juice, tequila, triple sec, orange liquor, lime and lemon slices, cherries, if using. Put in refrigerator for 2 days (48 hours), no less, drink on third day.



Favorite Recipes

oupes & Salads

Helpful Hints

- If the soup is not intended as the main course, count on 1 quart to serve 6. As the main dish, plan on 1 quart to serve 2.
- After cooking vegetables, pour any water and leftover vegetable pieces into a freezer container. When full, add tomato juice and seasoning to create a money-saving “free soup.”
- Instant potatoes help thicken soups and stews.
- A leaf of lettuce dropped in a pot of soup absorbs grease from the top – remove the lettuce and serve. You can also make soup the day before, chill, and scrape off the hardened fat that rises to the top.
- To cut down on odors when cooking cabbage or cauliflower, add a little vinegar to the water and don’t overcook.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), make the dish easier to digest.
- Fresh is best, but to reduce time in the kitchen, use canned or frozen broths or bouillon bases. Canned or frozen vegetables, such as peas, green beans, and corn, also work well.
- Ideally, cold soups should be served in chilled bowls.
- Perk up soggy lettuce by spritzing it with a mixture of lemon juice and cold water.
- You can easily remove egg shells from hard-boiled eggs if you quickly rinse the eggs in cold water after they are boiled. Add a drop of food coloring to help distinguish cooked eggs from raw ones.
- Your fruit salads will look better when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.
- The ratio for a vinaigrette is typically 3 parts oil to 1 part vinegar.
- For salads, cook pasta al dente (slightly chewy to the bite). This allows the pasta to absorb some of the dressing and not become mushy.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Chill the serving plates to keep the salad crisp.
- Fruit juices, such as pineapple and orange, can be used as salad dressing by adding a little olive oil, nutmeg, and honey.

SOUPS & SALADS

MINESTRONE

Mary Turner

- | | |
|--|---|
| 1 chicken or turkey | 1 (16-oz.) can dark red kidney beans |
| 1 tsp. salt | 1 (16-oz.) can garbanzo beans |
| 4 qt. water | 1 (16-oz.) can baked beans |
| 1 c. sliced celery | 1 (10-oz.) pkg. frozen chopped spinach, thawed |
| 1 onion, diced | 3 sm. zucchini, sliced |
| 3 carrots, diced | 1 lb. Italian sweet sausage, sliced |
| 3 tomatoes, peeled and chopped or one can tomatoes | 1 (8-oz.) pkg. kluski (homemade-style or make your own) noodles |
| 3 T. fresh chopped parsley | Parmesan cheese for garnish |
| 1 (6-oz.) can tomato paste | |
| 1 tsp. salt | |
| 1 T. dried oregano | |
| 1 T. dried basil | |

Combine chicken or turkey with water and 1 teaspoon salt. Cover and simmer for 3 hours. Remove meat from bones and add back to stock; add celery, onion, carrots, tomatoes, parsley, tomato paste, additional salt, herbs, spinach, zucchini and sausage. Simmer for about 1 hour or until sausage is tender. Cook noodles according to package directions and add to soup. Serve with Parmesan cheese as garnish. Makes about 8 quarts and freezes well.

CREAM OF CORN SOUP

Patti Gillidette

- | | |
|--------------------|----------------|
| 1 T. margarine | ½ tsp. salt |
| 1 can creamed corn | Dash of pepper |
| 1 c. milk | |

Combine margarine, creamed corn, milk, salt and pepper; bring to a simmer, slowly. Turn off heat and let stand over hot burner for a few minutes. Makes 4 servings.

POTATO SOUP

Liz Gibbs
Margie Hutchinson

- | | |
|--|----------------------------------|
| 2 cans low sodium chicken broth | 1 c. 2% shredded cheese |
| 1 (28-oz.) pkg. hash browns (or diced potatoes) | Bacon bits or chopped cooked ham |
| 1 pkg. low fat white gravy mix (can use reg.), mixed according to directions on pkg. | |

(continued)

Put in pot broth and potatoes. When potatoes are done add gravy mix, cook and remove from heat. Stir in cheese. Put in bowls and top with either bacon bits or ham.

CORN CHOWDER

Patti Gillidette

2 c. diced potatoes
1 c. hot water
2 c. milk

2 T. flour
1 (10-oz.) pkg. frozen corn
1 tsp. salt and pepper

Cook potatoes in hot water until tender. Gradually stir milk with flour; add to potatoes with corn, salt and pepper. Bring to a boil, reduce heat, stir occasionally. Simmer about 10 minutes. Can sprinkle Bac-O's on top.

CURRIED WINTER SQUASH SOUP

*Joan May
Rosemary Wahtola Trommer*

3 T. olive oil or high heat oil
1 c. chopped scallions (about 6 scallions)
¼ c. chopped fresh cilantro
2 cloves garlic, minced (about 1 tsp.)
2 lbs. winter squash (used pumpkin, butternut and ball squash)
4 c. vegetable stock

1 lb. tomatoes, chopped (fresh or canned)
2-3 tsp. cumin
¼-½ tsp. cayenne
1 T. or more curry powder
Squeeze or two of honey
Salt
Freshly ground black pepper
Tamari to taste
¼-½ c. heavy cream (opt.)

Steam and peel squash, cut into cubes. Sauté scallions in oil until soft and wilted, about 3 minutes. Stir in cilantro and garlic; cook, stirring occasionally, for 5 minutes. Add the squash and toss to coat it with the scallion mixture. Add the stock, tomatoes and spices; bring to a boil then reduce heat and simmer, covered for about a ½ hour. Let cool slightly. Transfer the soup in batches to a blender or food processor. Purée. Transfer the soup back to the pot. Stir in the honey and add salt and pepper to taste. Return the soup to a simmer to heat through. Add a bit of water if too thick. Stir in cream, if desired, after heat is turned off.

SAUSAGE TORTELLINI SOUP

Danielle Kistler

½ lb. turkey or pork sausage
½ med. onion
2½ c. water
1½ tsp. oregano
1 sm. zucchini, cut into ½-inch cubes

1 carrot, diced
1 can Italian tomato soup
1 c. uncooked dry cheese tortellini
¼ c. Parmesan cheese

(continued)

Cook sausage and onion until lightly browned. Drain excess grease. Stir in water, oregano, soup and corn and simmer 30 minutes. Add tortellini and zucchini; cook until tortellini is tender. Garnish with Parmesan cheese.

EASY ITALIAN STEW

Myrtle Hogue

- | | |
|--|---|
| 1 lb. stew meat | 2 or 3 (15-oz.) cans tomatoes, |
| 2-3 zucchini, unpeeled, sliced ¼-½ inch thick | may use fresh |
| 2-3 yellow summer squash, unpeeled, sliced ¼-½ inch thick | 1 (8-oz.) pkg. sliced mushrooms, |
| 1 lg. onion, cut into chunks | may use canned |
| 2-3 stalks celery, sliced | ⅛ tsp. fennel |
| 2-3 carrots, sliced ¼-½ inch thick (may use baby carrots) | ⅛ tsp. basil |
| | ⅛ tsp. Italian seasoning |
| | ⅛ tsp. oregano |
| | Salt and pepper to taste |

Put meat, zucchini, squash, onion, celery, carrots, tomatoes, mushrooms, fennel, basil, Italian seasoning and oregano in a pot. Simmer for several hours.

CUCUMBER-CHICKEN SOUP

Jody Brown

- | | |
|---|-------------------------------------|
| 2 med. cucumbers, peeled | 1 (14-oz.) can chicken broth |
| 2 (10¾-oz.) cans condensed cream of chicken soup | ½ sm. onion, minced |
| 1 soup can water | Salt and pepper |

Cut 8 thin slices from one of the cucumbers and reserve for garnish; finely chop remaining cucumbers. In crockpot, dilute cream of chicken soup with 1 can water; add chicken broth, chopped cucumbers and remaining ingredients; stir well. Cover and cook on low setting for 6-10 hours (on high setting for 2-3 hours). Serve hot. Garnish with reserved cucumber slices. Makes 4 servings (about 1½ quarts).

BAMBI'S ASIAN NOODLE SLAW

*Bambi Giles
Dawn Vaillancourt*

- | | |
|--|-----------------------|
| 4 pkgs. Ramen noodles, broken in pieces | 4 flavor pkts. |
| 1 pkg. coleslaw mix | ⅓ c. soy sauce |
| 3 pkg. sliced almonds (1 c.) | ⅓ c. sugar |
| 2 pkgs. sunflower kernels (1 c.) | ⅓ c. oil |
| ½ c. chopped green onion | 1½-2 c. water |

(continued)

In sealable bag, put noodles, coleslaw, almonds, kernels (trail mix) and onions. Mix packets, soy sauce, sugar, oil and water in bowl and pour into bag, mix. Put in refrigerator and turn over a couple times and refrigerate overnight.

CREAMY FRUIT SALAD

Elizabeth Hutchinson

- 1 (9 oz.) whipped topping
- 1 (16 oz.) sm. curd cottage cheese
- 1 (17-oz.) can fruit cocktail, drained

- 1 (15-oz) can sliced pineapple, drained, cut into sm. pieces
- 1 (3-oz.) pkg. strawberry, cherry or orange gelatin

In large bowl put topping, cottage cheese, pineapple and fruit cocktail. Sprinkle gelatin over all. Use spatula to blend. Store in refrigerator until ready to use.

CAJUN POTATO SALAD WITH GREEN ONION SALAD DRESSING

Nick Hoppner

- 4 med.-sized white potatoes, cooked, peeled and coarsely chopped
- 6 hard-cooked eggs, finely chopped
- ¼ c. finely chopped onions
- ¼ c. finely chopped celery
- ¼ c. finely chopped green bell pepper

- 2 tsp. ground cayenne pepper
- 2 tsp. prepared mustard
- 1 tsp. salt
- ¼ tsp. white pepper
- Green onion salad dressing (see below)

In a large bowl, combine potatoes, eggs, onions, celery, green pepper, pepper, mustard, salt and white pepper; mixing well. Refrigerate until ready to serve. Serves 6 to 8 side-dish servings.

Green Onion Salad Dressing:

- 1 egg plus 1 egg yolk
- 1 ½ c. vegetable oil
- Scant ½ c. finely chopped green onions

- 1 ½ T. brown or Creole mustard
- 1 T. white vinegar
- ½ tsp. salt
- ½ tsp. white pepper

Blend egg and egg yolk in food processor or blender until frothy, about 2 minutes. With machine on, gradually add the oil in a thin stream. When the mixture is thick and creamy, add the green onions, mustard, vinegar, salt and pepper blend thoroughly. Refrigerate until ready to use. Makes about 1 ½ cups.

WALDORF SALAD*Margie Hutchinson*

- | | |
|-------------------------------------|---|
| 4 c. diced unpeeled apples | 1 c. diced celery |
| 4 tsp. lemon juice | 1 c. red grapes |
| 1 c. coarsely chopped pecans | $\frac{2}{3}$ c. Miracle Whip |

Mix apples and lemon juices together. Add pecans, celery, grapes and Miracle Whip. Chill for about an hour or so for the flavors to marry together.

5 CUP SALAD*Margie Hutchinson
Margie Vincent*

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|---|--|
| $\frac{3}{4}$ c. sugar | 1 c. mini marshmallows |
| 1 (8 oz.) sour cream | 1 (8-oz.) can mandarin oranges,
drained |
| $1\frac{1}{3}$ c. coconut | |
| 1 (8-oz.) can pineapple tidbits,
drained | |

In a large bowl, put sugar and sour cream, mix. Add coconut, pineapple, marshmallows and oranges, gently mix. Chill for about an hour or so for the flavors to marry together.

HOLIDAY CRANBERRY SALAD*Jean Williams*

- | | |
|--|---|
| 2 oranges, peeled and sectioned | 1 box raspberry Jello (sm. size 3
+/- oz.) |
| 1 bag raw cranberries | 2 c. boiling water |
| 1 bunch celery | 1 pkt. unflavored gelatin |
| 1 apple, cut in eighths and
cored | $\frac{3}{4}$ c. sugar |
| 1 pkg. walnut halves, enough to
yield 1 c. ground | |

Grate the rind of one orange; set both aside. Grind 1 cup raw cranberries, oranges (juice drained off), 2 cups celery, apple and 1 cup walnuts. Mix together in a large bowl and set aside. Stir together Jello and boiling water until Jello is dissolved. Add the unflavored gelatin and sugar to Jello mixture. Pour the Jello mixture in to a nice, large serving bowl. (Clear allows the colorful ingredients to be seen). Add all the fruits and nuts. Mix very well with the Jello mixture. Cover with Saran Wrap and refrigerate overnight.

HELEN'S YUMMY SALAD*Jody Brown
Dawn Vaillancourt*

- | | |
|---|--------------------------------|
| 1 head iceberg lettuce, cut-up into bite-size pieces | 1 lb. shredded cheese |
| 1 head cauliflower, cut-up, bite-size pieces | 1 lb. frozen peas |
| 1 onion, sliced | 3 stalks diced celery |
| 1 lb. thick sliced bacon, fried crisp and crumbled | Salad Supreme seasoning |
| | 1 pt. mayonnaise |

Put lettuce, cauliflower, onion, bacon, cheese, peas and celery in a sealable bag. Sprinkle seasonings and add mayonnaise; mix. Put in refrigerator 24 hours. Mix before serving.

SPINACH SALAD*Amy Blom
Patti Gillidette*

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|--|--|
| 1 (6-oz.) pkg. fresh baby spinach | 2 med. kiwifruit, peeled and sliced |
| 1 med. nectarine, chopped | ½ c. walnuts |
| ½ c. chopped fresh strawberries | |

Strawberry Vinaigrette:

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|---------------------------------------|---------------------------------|
| ½ c. halved fresh strawberries | ½ tsp. dried tarragon |
| 1 T. balsamic vinegar | ½ tsp. pepper |
| 1 T. sugar | ½ c. plus 2 T. olive oil |
| ¼ tsp. salt | |

In a large bowl, combine the spinach, nectarine, strawberries, kiwi and walnuts. Place the strawberries, vinegar, sugar, salt, tarragon and pepper in a blender; cover and process for 15 seconds. While processing, gradually add oil in a steady stream. Drizzle over salad and toss to coat.

CORN SALAD*Margie Hutchinson*

- | | |
|--|---------------------------------|
| 1 (8 oz.) cream cheese | 1 tsp. onion salt (opt.) |
| 2 cans whole kernel corn, drained | |

Put cheese in saucepan on low and melt, stirring frequently. When melted, stir in corn and add enough milk to make a thick sauce. Add onion salt if using and stir well.

PRETZEL SALAD*Gay Flack***Pretzel Crust:****2 c. pretzels, mashed but not fine****¾ c. butter or margarine
3 tsp. sugar**

Mix together and place in a 9 x 13-inch pan. DO NOT pat down. Bake at 400° for about 8 minutes. Cool.

**8 oz. cream cheese, reg. (not the lite low fat)
1 c. sugar****Sm. ctn. nondairy whipped topping**

Mix and spread on the cooled crust. Mix 2 (3-ounce) packages strawberry gelatin with 2 cups boiling water. Cool and mix in 2 (10-ounce) boxes frozen strawberries. Let set until thickened and spoon onto the above cream cheese mixture. Chill.

BLEU CHEESE COLESLAW*Nick Hoppner***½ sm. head green cabbage
½ sm. head red cabbage
4 lg. carrots, scrubbed or peeled
2 c. good mayonnaise
¼ c. Dijon mustard
2 T. whole grain mustard
2 T. apple cider vinegar
1 tsp. celery salt****½ tsp. kosher salt
½ tsp. freshly ground black pepper
6 oz. crumbled Roquefort or bleu cheese
1 c. chopped fresh parsley leaves**

Quarter the cabbage and remove the cores. With slicing blade in food processor, shred cabbage. Transfer to a large bowl, discarding any large pieces. With large slicing blade, shred carrots and add to cabbage. In medium bowl, whisk together the mayonnaise, both mustards, vinegar, celery salt, kosher salt and pepper. Pour enough mayonnaise dressing over the grated vegetables to moisten well. Add crumbled cheese and parsley and toss together. Cover the bowl with plastic wrap and refrigerate for several hours to allow flavors to marry. Serve cold or at room temperature.

COLESLAW*Carol Peterson***1 pkg. coleslaw
1 pkg. Ramen chicken flavor noodles, broken up****About ¾ c. slivered almonds
caramelized with ½ c. sugar**

Combine.

(continued)

$\frac{2}{3}$ c. oil
 $\frac{1}{2}$ c. vinegar
 Seasoning pkt. from Ramen
 noodles

2 T. sugar
 Salt and pepper

Mix together and add just before serving. Add broken Ramen noodles and almonds last and mix.

MACARONI SALAD

Gay Flack

1 c. real mayonnaise
 2 T. vinegar
 1 T. prepared mustard
 1 tsp. sugar
 1 tsp. salt
 $\frac{1}{4}$ tsp. pepper

8 oz. elbow macaroni, cooked
 and drained
 1 c. sliced celery
 1 c. chopped green or sweet red
 pepper
 $\frac{1}{4}$ c. chopped onion

In large bowl stir together first 6 ingredients until smooth; add remaining ingredients and toss to coat well. Cover and chill. Makes 5 cups.

BLEU CHEESE DRESSING

Myrtle Hogue

1 c. mayonnaise
 1 c. sour cream
 4 oz. bleu cheese, crumbled
 1 tsp. garlic salt

1 tsp. minced onion
 1 tsp. Worcestershire sauce
 1 T. lemon juice
 1 T. wine vinegar

In mixing bowl, add mayonnaise, sour cream, bleu cheese, garlic salt, minced onion, Worcestershire sauce, lemon juice and wine vinegar; mix well. Store in refrigerator, keeps well.

ORANGE CREAM FRUIT SALAD

Winnie Van Over

1 (20-oz.) can pineapple tidbits,
 drained
 1 (16-oz.) can peach slices,
 drained
 1 (11-oz.) can mandarin
 oranges, drained

2 med. firm bananas, sliced
 1 pkg. instant vanilla pudding
 $1\frac{1}{2}$ c. milk
 $\frac{1}{3}$ c. frozen orange juice
 concentrate
 $\frac{3}{4}$ c. sour cream

In large bowl, combine fruit; set aside. In small bowl beat pudding mix, milk and orange juice concentrate for 2 minutes. Add sour cream; mix well. Spoon over fruit; toss to coat. Cover and refrigerate for 2 hours.

MANDARIN ORANGE SALAD

Nancy Strakbein

¼ head lettuce, chopped
1 c. chopped celery
2 green onions with tops, diced

1 (11-oz.) can mandarin oranges
Toasted almonds

Put lettuce, celery and onions in sealable bag.

Dressing:

¼ c. fat free Italian dressing
2 T. sugar
Dash of pepper

½ tsp. salt
1 T. parsley

Mix dressing, sugar, pepper, salt and parsley in bowl; add to sealable bag, mix.

Toasted Almonds:

1 T. sugar
1 tsp. sugar

¼ c. sliced almonds

Put in pan on low heat until brown. Put bag mix on plates. Top with oranges and toasted almonds.



Favorite Recipes

Vegetables & Side Dishes

Helpful Hints

- When preparing a casserole, make an additional batch to freeze for when you're short on time. Use within 2 months.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- To prevent pasta from boiling over, place a wooden spoon or fork across the top of the pot while the pasta is boiling.
- Boil all vegetables that grow above ground without a cover.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when frozen, while sage, onion, and salt become more mild.
- For an easy no-mess side dish, grill vegetables along with your meat.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Refrigerate brown rice and freeze grains if you will not use them within 5 months.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- When cooking greens, add a teaspoon of sugar to the water to help vegetables retain their fresh colors.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, grated cheese, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé rise. Ramekins work well for single-serve casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- If your pasta sauce seems a little dry, add a few tablespoons of the pasta's cooking water.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.

VEGETABLES & SIDE DISHES

CHILE RELLENOS GILLIDETTE

Patti Gillidette

- | | |
|---|---|
| 4 (4-oz.) cans Ortega whole,
mild green chiles | 1 ½ tsp. baking powder |
| 1 ½-2 lbs. Monterey Jack cheese | 2 (16-oz.) cans stewed tomatoes
(preferably Mexican-style) |
| 6 lg. eggs, separated | 1 qt. cooking oil, heated to 375°
in electric skillet |
| 1 ½ T. flour | |

Put stewed tomatoes in a saucepan over low heat and simmer gently for 45 minutes to reduce some liquid. Cut a rectangle of cheese and individually insert in each chile. Try to cut cheese to fit chiles. Blot chiles with paper towels. Beat egg whites with baking powder. Beat egg yolks with flour. Fold in egg mixture to coat and gently place in hot oil. Cook, turning once until chiles are golden all over. Place fried stuffed chiles in a large, flat ungreased baking dish, in one layer. Cover with tomatoes. Bake uncovered at 300° for 20-30 minutes or until hot and bubbly.

SWISS BEANS

Myrtle Hogue

- | | |
|--------------------------------|---------------------------------------|
| 1 can French-style green beans | 1 tsp. sugar |
| 2 T. margarine | ½ tsp. minced onion |
| 2 T. flour | 1 c. sour cream |
| 1 tsp. salt | ¼ lb. process Swiss cheese,
grated |
| ¼ tsp. pepper | |

Heat beans; drain. Melt margarine and blend in flour, salt, pepper, sugar and onion. Add sour cream gradually and cook, stirring constantly until thickened. Fold in beans. Pour bean mixture into greased 1 ½-quart casserole. Sprinkle grated cheese over top of mixture. Place casserole under broiler 5 minutes or until cheese is melted.

GINNY'S ZUCCHINI & CARROT CASSEROLE

*Ginny Spaven
Nick Hoppner*

- | | |
|-----------------------------|--|
| 6 c. sliced zucchini | 1 c. shredded carrots |
| ¼ c. sliced onion | 8- to 10-oz. pkg. herb stuffing
mix |
| 1 can cream of chicken soup | ½ c. melted butter or margarine |
| 1 c. sour cream | |

Cook sliced zucchini and sliced onions in salted water until just tender; drain well. In a large bowl, blend the soup and sour cream; add shredded carrots, cooked zucchini and onions. Mix the herb stuffing mix with the butter or margarine. Sprinkle half of this mixture on the bottom of a casserole dish or 9 x 13-inch pan. Add zucchini carrot mixture and top with the remainder of the stuffing mix. Bake at 350° for 25-30 minutes. Serves 12.

BROCCOLI BAKE

Myrtle Hogue

- 1 can cream of broccoli soup
- ½ c. milk
- 1 tsp. soy sauce

- Pepper
- 1 can French-fried onions
- 1 head broccoli

In 1 ½-quart casserole, combine soup, milk, soy sauce and pepper. Stir in broccoli and ½ can of French-fried onions. Bake at 350° for 25 minutes or until hot. Top with remaining onions and bake 5 minutes more.

MUSHROOM RICE (Oven Baked)

Myrtle Hogue

- 1 c. uncooked rice
- ½ c. sliced green onions with tops
- 1 T. margarine
- 1 can sliced mushrooms with liquid

- ¼ c. chopped pimento
- 1 ½ c. chicken broth
- ½ c dry sherry
- 1 tsp. salt
- ½ tsp. seasoned salt

Sprinkle rice in a buttered baking dish. Sauté onions in butter until soft; add remaining ingredients. Bring to a boil. Pour over rice, stir. Cover with a tight fitting lid or foil. Bake at 375° for 25-30 minutes or until rice is tender.

CORN CASSEROLE

*Ann Zimbal
Margie Hutchinson*

- 1 egg, slightly beaten
- 1 c. sour cream
- ½ c. margarine, melted
- 1 T. sugar
- ½ tsp. salt
- 1 can whole kernel corn, drained

- 1 can cream-style corn
- 1 (7 ½-oz.) pkg. cornbread mix
- Pimentos (opt.)
- Green chilies (opt.)
- Grated cheese (opt.)

Mix egg, sour cream, margarine, sugar, salt, corns and cornbread mix together. Put in a greased 2-quart casserole dish. Preheat oven to 350°. Bake for 45 minutes or until brown and starts to pull away from the sides of the dish. **Optional:** Add pimentos, green chilies or grated cheese before baking.

FIESTA CABBAGE*DeeAnn Harrington*

- 1 lb. ground pork sausage**
- 1 med.-size red onion, diced**
- 1 med.-size green bell pepper, diced**
- 1 med.-size cabbage, chopped into bite-size pieces**

- 1 (14.5-oz.) can diced tomatoes, undrained**
- 1 tsp. salt**
- ½ tsp. pepper**

Sauté sausage in a large nonstick skillet over medium-high heat until browned. Remove sausage with a slotted spoon and drain on paper towels, reserving drippings in skillet; set aside. Sauté onion and bell pepper in hot drippings over medium-high heat 3 minutes. Stir in cabbage; cover and cook, stirring constantly, 15 minutes or until vegetables are tender. Stir in cooked sausage, tomatoes, salt and pepper; cook until thoroughly heated. Makes 6 servings.

ROASTED CARROTS*Jean Williams*

- 12 carrots**
- 3 T. good olive oil**
- 1 tsp. kosher salt**

- ½ tsp. freshly ground pepper**
- 2 T. minced fresh dill or parsley (the dill is divine or 1 T. each)**

If the carrots are thick, cut them in half lengthwise, if not leave whole. Slice the carrots diagonally in 2-inch thick slices. Toss them in a bowl (or Ziploc bag with the olive oil, salt and pepper. Transfer to a sheet pan in 1 layer and roast in the oven for 20 minutes, until browned and tender. Toss with minced dill or parsley. Adjust seasonings if needed and serve.

TWO SQUASH SAUTÉ*Myrtle Hogue*

- Vegetable cooking spray**
- 1 tsp. reduced calorie margarine**
- 2 med. zucchini, cut into julienne strips**
- 2 med. yellow (summer) squash, cut into julienne strips**

- ½ tsp. chicken bouillon granules**
- ¼ tsp. basil**
- ½ tsp. freshly ground pepper**

Coat a large nonstick skillet with cooking spray; add margarine. Place over medium-high heat until margarine melts; add squashes and remaining ingredients. Sauté 5 minutes or until squash is crisp tender.

ZUCCHINI DELIGHT*Myrtle Hogue*

- 4 med. zucchini, thinly sliced**
- 1 lg. onion, thinly sliced**
- 2 T. olive oil**

- Salt and pepper to taste**
- Sharp cheddar cheese, grated**

In skillet, cook zucchini and onion in olive oil until onion is wilted and zucchini is beginning to soften. Sprinkle generously with grated cheese. Blend together. Add salt and pepper to taste.

ZUCCHINI PARMIGIANA*Myrtle Hogue*

- 2 lbs. zucchini, sliced thin**
- 3 T. margarine**
- 1 tsp. salt**

- 2 tsp. chopped parsley**
- ½ c. Parmesan cheese, grated**

Arrange a layer of zucchini in a greased, shallow 1 ½-quart baking dish. Dot with butter, sprinkle with some salt, parsley and cheese. Repeat layers. Cover and bake at 350° for 30 minutes. Uncover and continue baking 20 minutes or until crisp tender. Serves 4-6.

WILD RICE*Sandy Simson**Myrtle Hogue*

- ½ c. white rice**
- ½ c. wild rice**
- ¼ c. butter or margarine**
- 1 c. light onion soup**

- 1 (10½-oz.) can beef consomme**
- 1 sm. can mushrooms, drained**
- ¼ c. slivered almonds**
- 2 T. butter**

Brown rice in butter. Combine soup and consomme, boil and pour over rice in 2 ½-quart casserole, cover. Bake at 375° for 45 minutes. Sauté almonds and drained mushrooms in butter. Return to oven for 15 minutes to brown and dry. If doubling recipe, bake 2 hours.

PENN DUTCH GREEN BEANS*Myrtle Hogue*

- 3 strips bacon, cooked and crumbled**
- 1 sm. onion, sliced**
- 1 can sliced water chestnuts**
- 1 can (or 1 lb.) cut green beans**

- 2 tsp. cornstarch**
- ¼ tsp. salt**
- ¼ tsp. dry mustard**
- 1 T. brown sugar**
- 1 T. vinegar**

Brown onion and water chestnuts slightly in hot bacon fat. Drain beans, saving ½ cup liquid. Mix liquid with remaining ingredients and add to onions in skillet. Cook, stirring until mixture boils. Add beans and heat thoroughly. Serve, garnished with crumbled bacon.

BAKED SLICED POTATOES*Margie Hutchinson*

Slice a large potato into ¼-inch sticks. Spray cooking spray with pure canola oil on cookie sheet. Place potatoes in single layer and spray cooking spray directly on potatoes. Season to taste. Preheat oven to 400° for 30-40 minutes, turn potatoes every 15 minutes until crisp.

CAJUN CARROTS*Nick Hoppner*

6 carrots, peeled and chopped
into ¼-inch disks
¼ c. chopped pecans
1 T. margarine

1 T. maple syrup
½ tsp. dried thyme
½ tsp. paprika
Pinch of cayenne pepper

Steam carrots until tender. Chop pecans and roast briefly until browned on cookie sheet. In a small saucepan, mix margarine, maple syrup, thyme, paprika and cayenne pepper on low heat. Toss together the carrots and syrup/margarine/spices mixture and serve. Serves 4-6.

CRANBERRY SAUCE*Patti Gillidette*

1 c. sugar
1 c. water

1 lb. cranberries, rinsed

In a pan over medium heat, add sugar, water and cranberries. Simmer, stirring frequently until desired thickness, 25-30 minutes or so.

CUCUMBERS WITH SOUR CREAM*Myrtle Hogue*

¼ c. vinegar
2 tsp. salt
¼ c. sugar
1 ½ T. canola oil
3 tsp. dill weed or seed

1-2 T. parsley
1-2 T. chives
4 cucumbers, sliced thin
1 med. onion, sliced or diced
4 T. sour cream

In salad bowl, mix vinegar, salt, sugar, oil, dill, parsley and chives; add cucumbers and onions. Mix well and allow to stand 3-4 hours in the refrigerator, stir occasionally. Remove from refrigerator; drain and add sour cream and mix well. Enjoy.

CHEDDAR JACK CHILI RELLANO CASSEROLE

Shawn Heaton

1 lg. can chili strips (prefer to use the frozen roasted ones, but the diced ones work too, just make sure to drain them)
½ c. milk

1 egg
¼ c. flour
1 (12-oz.) can diced tomatoes
¾ c. salsa
4-c. pkg. cheddar Jack cheese

Layer the chilis and cheese, clear to the top of a 9 x 13-inch pan. It will settle. Mix milk, egg and flour together and pour over the top. Bake at 325° until melts and thickens around a half hour. Mix diced tomatoes and salsa together. Take out of oven and pour tomatoes on top. Return to oven 15 minutes or until hot.

ROGER'S GRILLED VEGGIES

*Uncle Roger
Jody Brown*

2 T. olive oil
6 oz. unsweetened pineapple juice
6 T. balsamic vinegar
1 T. chopped fresh rosemary
6 cloves garlic, finely minced
1 ½ tsp. salt

A few grinds of black pepper
4-5 sm. zucchini, sliced lengthwise in ¼-inch slices
2 green peppers, cut into strips
2 lg. Vidalia onions, sliced into strips or rings

Combine oil, pineapple juice, balsamic vinegar, rosemary, garlic, salt and pepper in a jar. Shake. Let stand at least 1 hour before using. Shake marinade again and combine in a large container (e.g. a large plastic bag) with the zucchini, peppers and onions. Marinate for 2-3 hours at room temperature, tossing occasionally. Grill on medium heat.

PARSLEY RED POTATOES

Jean Williams

2 lbs. med. red potatoes
½ tsp. salt

⅓ c. butter, cubed
2 T. minced fresh parsley

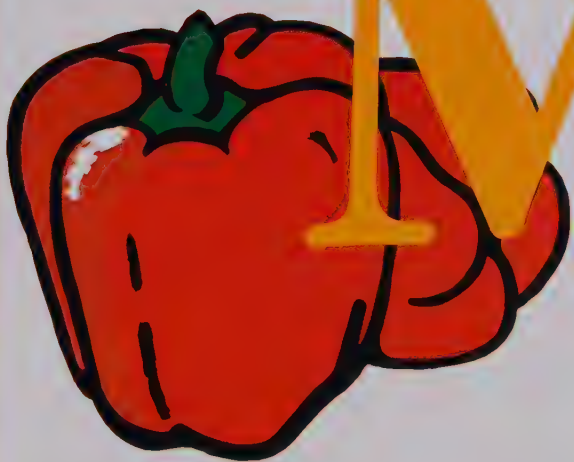
Peel off a narrow strip from around each potato with a peeler. (This helps the potatoes from splitting open while cooking.) Place in a large saucepan; cover with water and add salt. Bring to a boil; reduce heat. Cover and cook for 15-20 minutes or until a cake tester will easily pass through the largest potato; drain. Add butter and parsley toss until the butter is melted. Place in serving dish.

CABBAGE AND APPLES

Jean Williams

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|--|--------------------|
| 1 T. margarine or butter | ½ tsp. salt |
| 1 head green cabbage, cored
and cut into 8 wedges | 2 T. brown sugar |
| 2 Gala apples, each cored and
cut in 8 wedges | ½ c. water |
| | 2 T. cider vinegar |

Melt the butter or margarine in a medium pan; add the cabbage and apples. Sauté them tossing frequently for about 15 minutes or until they begin to become limp. Sprinkle with the salt and brown sugar; toss gently. Add the water and vinegar; stir the mixture gently and cover. Simmer for about 30 minutes, stirring occasionally so that nothing is sticking and burning on the sides of the pan. When the cabbage still has a little crunch (not soggy) hold on warm or serve.



Favorite Recipes

Air Dishes

Helpful Hints

- Certain meats, like ribs and pot roast, can be parboiled before grilling to reduce the fat content.
- Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for 20 minutes and cook or grill for a quick and succulent meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Adding tomatoes to roasts naturally tenderizes the meat as tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meat across the grain; this will make it easier to eat and also give it a more attractive appearance.
- When frying meat, sprinkle paprika on the meat to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest part of your refrigerator for up to 2 days. Freeze poultry for longer storage. Never leave poultry at room temperature for over 2 hours.
- When frying chicken, canola oil provides a milder taste, and it contains healthier amounts of saturated and polyunsaturated fats. Do not cover the chicken once it has finished cooking because covering will cause the coating to lose its crispness.
- One pound of boneless chicken equals approximately 3 cups of cubed chicken.
- Generally, red meats should reach 160° and poultry should reach 180° before serving. If preparing fish, the surface of the fish should flake off with a fork.
- Rub lemon juice on fish before cooking to enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.
- When grilling fish, the rule of thumb is to cook 5 minutes on each side per inch of thickness. For example, cook a 2-inch thick fillet for 10 minutes per side. Before grilling, rub with oil to seal in moisture.

MAIN DISHES

CHICKEN CASHEW CASSEROLE

Carol Peterson

- | | |
|------------------------------|--------------------------|
| 2 c. cooked chicken | ¼ c. chopped onion |
| 1 c. diced celery | 1 T. butter |
| 1 can cream of mushroom soup | ⅓ c. chicken broth |
| 1 T. soy sauce | 3 drops hot pepper sauce |
| ⅛ tsp. pepper | 1 c. chow mein noodles |
| ⅓ c. cashews | |

Sauté onion and celery in butter; add mushroom soup and chicken broth. Season with soy sauce and hot sauce. Add chicken and simmer a few minutes. Pour into a 1-quart casserole. Sprinkle with noodles and nuts. Bake at 350° for 20 minutes until bubbly.

SAUCY CHICKEN AND ASPARAGUS

Jean Williams

- | | |
|--|---|
| 1 ½ lbs. fresh asparagus spears,
halved | ½ c. mayonnaise |
| 4 boneless, skinless chicken
breast halves | 1 tsp. lemon juice |
| 2 T. cooking oil | ½ tsp. curry powder |
| ½ tsp. salt | 1 c. (4 oz.) shredded cheddar
cheese |
| ¼ tsp. pepper | |
| 1 (10¾-oz.) can condensed
cream of chicken soup,
undiluted | |

If desired, partially cook asparagus and drain. Place the asparagus in a greased 9-inch square baking pan. In a skillet over medium heat, brown the chicken in oil on both sides. Season with salt and pepper. Arrange chicken over asparagus. In a bowl, mix soup, mayonnaise, lemon juice and curry powder; pour over chicken. Cover and bake at 375° for 40 minutes or until the chicken is tender and juices run clear. Sprinkle with cheese. Let stand 5 minutes before serving.

BROCCOLI CHICKEN CASSEROLE

Gizelle Turley

- | | |
|--|-----------------------------|
| 2 pkgs. frozen broccoli | 1 c. mayonnaise |
| 2 c. cubed boneless chicken
breast, sautéed | 1 can cream of chicken soup |
| | ¾ c. grated cheddar cheese |

(continued)

Mix broccoli, chicken, mayonnaise, soup and cheese together. Put in casserole dish and bake at 350° for ½ hour to 45 minutes. Top with toasted bread crumbs, if desired, before serving.

CHICKEN ENCHILADAS

*Evelyn Brown
Delores Page*

- 1 cooked chicken or use chicken breasts, cut into bite-size pieces**
- 1 can chopped green chilies**

- 1-2 cans cream of chicken soup, divided 1 ½ can and ½ can**
- 1 ctn. sour cream**

Mix chicken, green chilies, soup and sour cream together.

- 1 pkg. of 12 tortillas, cooked in oil for a few seconds until soft**
- Sm. bag shredded cheese**

Place small amount of mixture in center of tortilla and roll up. Place in 9 x 12-inch pan. Use 12 tortillas and place remainder of soup mix (½ can) on top. Top with small bag of shredded cheese and bake at 350° until the cheese melts, approximately 15-20 minutes.

CHICKEN POT PIE

Danielle Kistler

- 1-1 ½ c. chicken broth**
- 1 ½ c. cooked chopped chicken**
- 2 sm. potatoes, sliced**
- 1 c. diced celery**
- 1 c. diced carrots**
- 1 c. frozen peas**

- 1 c. milk**
- ⅓ c. flour**
- 1 tsp. ground sage**
- Salt and pepper to taste**
- 2 pie crusts**

In pan, bring broth to boil over high heat, reduce to ¾ cup; add cooked chicken, potatoes, carrots and celery. Cook 5-8 minutes. In jar, combine milk, flour and sage. Shake until mixture is smoothly blended. Stirring constantly, pour flour mixture into chicken mixture. Bring to a boil, stirring constantly. Reduce heat and stir as sauce thickens. Add peas; season with salt and pepper to taste. Pour mixture into pie crust and top with other pie crust. Cook at 400° for 30-40 minutes.

OVEN-FRIED PARMESAN CHICKEN

*Bessie Suffield
Patti Gillidette*

- 6 T. butter, melted**
- 5 T. dry bread crumbs**
- 3 T. grated Parmesan cheese**
- 3 T. cornmeal**

- ¾ tsp. dried oregano**
- ¼ tsp. garlic powder**
- 1 (3- to 4-lb.) broiler/fryer chicken, cut up**

(continued)

Place butter in a shallow bowl. In another shallow bowl, combine bread crumbs, cheese, cornmeal, oregano and garlic powder. Dip chicken in butter then roll in crumb mixture. Place chicken in a greased 15 x 10 x 1-inch baking pan. Bake uncovered at 375° for 40-45 minutes or until juices run clear.

CHEESY CHICKEN & RICE CASSEROLE

Margie Hutchinson

- | | |
|--|--|
| 1 (10¾-oz.) can cream of chicken soup | 4 skinless, boneless chicken breasts halves |
| 1 1/3 c. water | ½ c. reduced fat shredded cheddar cheese |
| ¾ c. uncooked long-grain white rice | |

Stir soup, water and rice in 12 x 8-inch shallow baking dish. Top with chicken. Cover with foil. Bake at 375° for 45 minutes. Makes 4 servings.

SITKA CHICKEN

*Myrtle Hogue
Barb Nagel*

- | | |
|---|----------------------------------|
| 1 c. apricot-pineapple preserves | ½ bottle Russian dressing |
| 1 pkg. onion soup mix | |

Place 4 breasts and 4 thighs, with skin removed, in pan. Mix preserves, soup and dressing and pour over chicken. Bake at 375° for 1 ½ hours.

CHICKEN POT PIE

Margie Hutchinson

- | | |
|---|--|
| 1 (12-oz.) can chicken or turkey | 1 can mixed vegetables, drained |
| 1 can cream of chicken soup | 2 pie crusts |

Mix chicken, soup and drained vegetables. Put into pie plate lined with 1 pie crust. Put other pie crust on top. Makes 4 slits in crust. Bake at 325° for 1 hour.

BAKED CHICKEN & RICE

Danielle Kistler

- | | |
|--------------------------------------|-----------------------------|
| 2 c. rice | ½ tsp. crushed thyme |
| 2 cans cream of mushroom soup | ¼ tsp. leaf oregano |
| 1 tsp. salt | ¼ c. chopped parsley |
| ½ tsp. pepper | 1 c. white wine |
| ½ tsp. marjoram | 8 oz. sour cream |
| 1 c. water | 4-6 chicken breasts |

(continued)

Grease baking dish. Place rice in bottom of dish and chicken next. Mix soup, spices, wine, water and sour cream. Pour over chicken. Cover with tin foil. Bake at 350° for 1 ½ hours.

COLA BARBEQUE CHICKEN

Mildred Dieffenbach

- | | |
|-----------------------------------|--|
| 1 (12-oz.) can cola | 1 T. Worcestershire sauce |
| 1 (6-oz.) can tomato paste | ½ tsp. salt |
| 2 T. finely chopped onion | 2 (3-lb.) broiler/fryer chickens, |
| 1 T. red wine vinegar | cut in half |

In a small saucepan, combine cola, tomato paste, onion, vinegar, Worcestershire sauce and salt; bring to a boil. Reduce heat; simmer uncovered for 15 minutes. Set aside ½ cup for basting; cover and refrigerate. Carefully loosen the skin of the chicken; brush remaining sauce under skin. Cover and refrigerate for 30 minutes. Prepare grill for indirect heat, using a drip pan. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Place chicken over drip pan and grill, uncovered, over indirect medium heat for 25 minutes on each side or until juices run clear, basting occasionally with reserved sauce.

ONE DISH (CROCKPOT) CHICKEN SUPPER

Jean Williams

Patti Gillidette

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|---|--|
| 4 boneless, skinless chicken breast halves | ⅓ c. milk |
| 10-oz. can cream of chicken, celery or mushroom soup | 1 pkg. chicken or turkey stuffing mix |
| | 1 ⅔ c. hot water (from tap) |

Line crockpot with liner. Place chicken in slow cooker. Whisk together soup and milk, pour over chicken. Combine stuffing mix and hot water, allow to stand (only takes a few minutes) until stuffing absorbs the liquid; add to crockpot. Cover and cook on low for 6-8 hours.

CHICKEN ENCHILADA PIE FITZPATRICK

Jean Williams

- | | |
|---|---|
| 3-4 c. cooked chicken, cubed into ½- to ¾-inch pieces* | 1 lb. cheddar cheese, grated |
| ¼ c. margarine or butter | 1 bag (minimum of 8 oz., more won't hurt) taco-flavored tortilla chips or a reasonably flavored substitute |
| 1 med. onion, chopped | |
| 1 can cream of chicken soup | |
| 1 (4-oz.) can diced green chilies | |

Preheat oven to 350°. Butter or use cooking spray on a large casserole dish. Sauté onion in margarine in a large skillet until onion is clear. Add

(continued)

cubed chicken, soup, $\frac{3}{4}$ of soup can of water and the green chilies. Mix and simmer for 30 minutes. In the greased casserole, spread a layer of $\frac{1}{2}$ of the tortilla chips. Cover with $\frac{1}{2}$ of the chicken mixture and then sprinkle with $\frac{1}{2}$ of the cheese. Repeat the layers using the second half of tortillas, sauce and cheese. Bake for $\frac{1}{2}$ hour. *Can use 3 to 4 half breasts simmered in water until done or a rotisserie chicken from market.

CHICKEN CHEDDAR PIE

Chuck Van Over

- | | |
|--|---|
| 3 c. (12 oz.) shredded cheddar cheese, divided | 1 $\frac{1}{3}$ c. milk |
| 1 (10-oz.) pkg. frozen chopped broccoli, thawed and drained | 3 eggs |
| 1 $\frac{1}{2}$ c. cubed chopped onion | $\frac{3}{4}$ c. biscuit baking mix |
| | $\frac{1}{2}$ tsp. salt |
| | $\frac{1}{4}$ tsp. pepper |

In a bowl, combine 2 cups cheese, broccoli, chicken and onion; spread into a greased 10-inch pie plate. In a small mixing bowl, beat the milk, eggs, biscuit mix, salt and pepper until smooth. Pour over broccoli mixture (do **not** stir). Bake at 400° for 30-35 minutes or until a knife inserted near the center comes out clean. Sprinkle with the remaining cheese. Let stand for 5 minutes or until the cheese is melted.

"COMFORT FOOD FOR COMPANY"

Nick Hoppner

(Chicken Casserole)

- | | |
|---|--|
| 1 lb. skinless, boneless chicken tenders | $\frac{1}{4}$ tsp. celery salt |
| 2 stalks celery, cut into thirds (can be the leafy ends) | $\frac{1}{8}$ tsp. onion powder |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{4}$ tsp. garlic powder |
| $\frac{1}{8}$ tsp. pepper | Salt and pepper to taste |
| 1 c. cooked rice | 1 $\frac{1}{2}$ c. crushed reduced fat Ritz crackers |
| 6 oz. sour cream | $\frac{1}{2}$ c. butter or margarine, softened |
| 2 (10.5-oz.) cans condensed cream of chicken soup | |

Preheat oven to 350°. Remove white tendons from chicken tenders by scraping with knife blade on a cutting board. Boil the chicken tenders, celery, $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper for 35 minutes in enough water to cover. Cool chicken meat and chop into bite-sized pieces. Reserve 1 cup of broth. In a large bowl, stir together sour cream, soup, broth, celery salt, onion powder, garlic powder, salt and pepper to taste. Mix in cooked rice and chicken. Spoon mixture into a 9 x 13-inch casserole dish. In a sealable bag crush Ritz crackers and mix with softened butter. Sprinkle cracker crumbs on top of casserole. Bake at 350° for 30-35 minutes.

SLOW COOKER CHICKEN PARMESAN

Danielle Kistler

1/3 c. Parmesan cheese
12 tsp. Italian seasoning
1/4 tsp. salt
1/4 tsp. pepper
3-4 boneless, skinless chicken breasts

1 (26-oz.) jar tomato pasta sauce
1/2 c. mozzarella cheese, shredded
2 c. uncooked pasta (8 oz.)

Spray 2- or 3-quart slow cooker with cooking spray. Place chicken in crockpot. Top with pasta sauce, Italian seasoning, salt, pepper, Parmesan cheese and mozzarella cheese. Cover and cook on low for 6-8 hours. Cook pasta according to directions on package. Serve chicken and sauce over cooked pasta.

CHICKEN SPAGHETTI

Margie Hutchinson

1 can cream of mushroom soup
1 can cream of chicken soup
1 cooked onion, sliced and sautéed

Cooked spaghetti for 6 people
1 lb. Velveeta, cut up
1-2 c. cooked chicken

Simmer soups and onion in pot you cooked spaghetti in. When combined, mix and stir in cut up Velveeta. Add cooked spaghetti and chicken, stir to combine flavors. Serve.

BUTTERMILK FRIED CHICKEN WITH GRAVY

Chuck Van Over

1 broiler-fryer chicken (2 1/2-3 lbs.) cut up
1 c. buttermilk
1 c. all-purpose flour

1/2 tsp. salt
1/2 tsp. pepper
Cooking oil for frying

Gravy:

3 T. all-purpose flour
1 c. milk

1 1/2-2 c. water
Salt and pepper to taste

Place chicken in a large flat dish. Pour buttermilk over; cover and refrigerate for 1 hour. Combine flour, salt and pepper in a double strength paper bag. Drain chicken pieces; toss, one at a time, in flour mixture. Shake off excess; place on waxed paper for 15 minutes to dry. Heat 1/8 to 1/4 inch of oil in a large skillet; fry chicken until browned on all sides. Cover and simmer, turning occasionally for 40-45 minutes or until juices run clear and chicken is tender. Uncover and cook 5 minutes longer. Remove chicken and keep warm. Drain all but 1/4 cup drippings

(continued)

in skillet; stir in flour until bubbly. Add milk and 1 1.2 cups water; cook and stir until thickened and bubbly. Cook 1 minute more; add remaining water if needed. Season with salt and pepper. Serve with chicken.

BAKED CRUSTED CHICKEN FINGERS WITH DIPPING SAUCES

Nick Hoppner

- | | |
|---|------------------------------------|
| 1 ½ lbs. skinless, boneless chicken tenders | 1 tsp. paprika |
| 1 ½ c. panko bread crumbs (available on the baking aisle of your supermarket) | 12 tsp. cayenne pepper (opt.) |
| 1 tsp. oregano, ground to powder | ½ tsp. kosher or sea salt |
| 2 tsp. garlic powder | ½ tsp. freshly ground black pepper |
| | 2 eggs |
| | ½ c. flour |

Preheat oven to 350°. Prepare baking sheet by covering it with aluminum foil and lightly spraying with cooking spray. In a shallow dish, season the flour with salt and black pepper. In a second shallow dish, beat the eggs. In a third shallow dish, combine panko crumbs with oregano, garlic, paprika, cayenne, salt and pepper. Remove white tendons from chicken tenders by scraping with knife blade on a cutting board. Dredge chicken tenders in the flour to coat, shaking off excess flour. Dip floured tenders in egg, then coat with the bread crumb mixture. Arrange on baking sheet. Repeat with remaining tenders. Bake tenders for 12-15 minutes, flipping once part way through the cooking time. Serve with honey mustard sauce, barbecue sauce, sweet and sour sauce, whatever.

Honey-Mustard Sauce:

- | | |
|------------------------------|------------|
| 1/3 c. mayonnaise | 2 T. honey |
| 2 T. yellow prepared mustard | |

Mix mayonnaise, mustard and honey together and serve.

CHICKEN TORTILLA PIE

*Debres Noel
Margie Hutchinson*

- 1 chicken, cooked and boned
- 1 pkg. tortillas, cut in narrow strips

(continued)

Sauce:

1 (4-oz.) can green chilies
1 lg. onion, chopped and
sautéed in 2 T. butter until
soft, 5-8 minutes

1 can cream of chicken soup
1 can cream of mushroom soup
1 can chicken broth
½ lb. grated cheese, your choice

Mix chiles, onion, soups and broth together. In greased baking dish, alternate layers of tortilla strips, chicken, sauce and grated cheese. Repeat until all have been used. Bake at 350° for 20-45 minutes.

CHILIES RELLENOS CHICKEN

Jean Williams

2 boneless, skinless chicken
breast halves
1 lime, cut in half crosswise
1 egg white
1 garlic clove, pressed
½ c. finely crushed nacho
cheese-flavored tortilla chips

½ (4-oz.) can whole green
chilies, drained and cut into
strips
2 T. shredded Monterey Jack
cheese
1 tsp. snipped fresh cilantro
Prepared salsa (opt.)

Preheat oven to 400°. Spray small ovenproof pan with cooking spray. Rinse chicken and pat dry with paper towels. Place one chicken breast half in a sealable plastic food storage bag. Lightly flatten chicken to an even thickness, using the flat side of a meat tenderizer. Repeat with remaining chicken breast half. Discard plastic bag. Juice lime halves into small bowl, add egg white and press garlic. Whisk until frothy. Place crushed chips in shallow dish. Dip chicken breasts into egg mixture and then into chips, coating completely. Discard any remaining crushed chips. Place chicken in prepared pan. Bake 20-22 minutes or until chicken is no longer pink and juices run clear. Arrange chile strips over chicken, sprinkle cheese. Bake 2-3 additional minutes or just until cheese melts. Remove from oven. Sprinkle with cilantro. Serve with salsa, if desired.

HONEY GINGER SOY CHICKEN

Patti Gillidette

1 c. honey, room temp.
½-¾ c. low sodium soy sauce
½ c. very finely minced or
grated peeled fresh ginger
from about 1 thick 4-inch
piece
¼ c. minced garlic (9-12 cloves)

2 chickens (3-3½ lbs.) trimmed
of excess fat and cut into 8
pieces
5 scallions, trimmed and cut
into 1-inch pieces, from the
white to about halfway up the
green

Place the honey, soy sauce, ginger and garlic in a small bowl and whisk until well blended. Arrange chicken in a single layer in a large shallow baking pan (lined with aluminum foil) skin side down. Add the scallions,

(continued)

evenly scattering them over the chicken. Pour honey ginger sauce on top. Cover pan tightly with aluminum foil. Let chicken marinate overnight in the refrigerator. Preheat oven to 350°. Bake the chicken in the covered baking pan for 30 minutes. Uncover the pan, turn the chicken skin side up and increase oven temperature to 375°. Continue baking the chicken until the juices run clear when you cut into a piece and the sauce is a rich, dark brown 30-40 minutes longer. Serve the chicken with the pan sauce.

TUNISIAN LAMB

Gloria Bauer

- | | |
|------------------------------------|--|
| 1 T. salad oil | 1 tsp. ground ginger |
| 1 lb. boneless lean lamb | 2 Granny Smith apples, diced (2 |
| shoulder, cut into 1 ½-inch | c.) |
| cubes | 1 (16-oz.) can yams, drained |
| 1 med. onion, chopped | 8 pitted prunes, cut in half |
| 2 c. beef broth | 6 lemon slices, quartered, peel |
| 1 tsp. cinnamon | on |
| ½ tsp. salt | 3 T. honey |
| ¼ tsp. pepper | |

In a 12-inch skillet over medium heat, heat salad oil. Add lamb and onion; brown well on all sides, stirring occasionally. Add broth, cinnamon, salt, pepper and ginger. Heat to boiling, reduce heat, cover and simmer 1 hour and 15 minutes. Add apples, prunes, yams, lemon and honey; cook until apples are tender. Makes 4 servings.

BARBECUED STEELHEAD TROUT

Nick Hoppner

- | | |
|--|------------------------------------|
| 2 lbs. steelhead trout fillets/ | ¼ tsp. paprika |
| salmon | ⅛ tsp. cayenne pepper |
| ¼ c. melted butter | ¼ c. bottled barbecue sauce |
| 2 T. lemon juice | |

Preheat an outdoor grill for medium heat and lightly oil grate. Arrange the trout fillets on a large piece of aluminum foil. Whisk together the butter, lemon juice, paprika and cayenne pepper. Then brush mixture onto the fillets. Cook on preheated grill until the fish flakes easily with a fork (about 10 minutes). Brush the fillets with barbecue sauce and cook an additional 2 minutes.

SHRIMP SCAMPI

Chuck Van Over

- 8 oz. angel hair pasta
- 1 ¾ c. low sodium chicken broth
- 2 garlic cloves, minced
- ⅛ tsp. salt free lemon pepper seasoning
- ½ c. chopped green onions, divided

- ¼ c. minced fresh parsley, divided
- 1 lb. uncooked shrimp, peeled and deveined

Cook pasta according to package directions. Meanwhile, in a large saucepan, combine the broth, garlic, lemon pepper and 3 tablespoons each green onion and parsley. Bring to a boil; add shrimp, cook for 3-5 minutes or until shrimp turns pink. Drain pasta and place in a serving bowl. Top with shrimp mixture and remaining onions and parsley.

MARYLAND CRAB CAKES

Bruce Gattis

- 6 oz. lump crabmeat (i.e. Blue Star) in a foil bag
- 6 oz. jumbo lump crabmeat, drain and discard the fluid
- ¼ c. plain bread crumbs

- 2 whole eggs
- ½ c. mayonnaise
- 2 rounded tsp. seafood seasoning

Combine crab meats, bread crumbs, eggs, mayonnaise and seasoning in a mixing bowl. Use hand for this task to avoid breaking up the jumbo lump crabmeat. Divide the mixed ingredients into 4 portions. Mash each mound into hamburger-shape, a thick hamburger. These will be fragile at this point, tending to fall apart. Melt an appropriate amount of butter in a medium/medium hot skillet. It shouldn't be smoking much. Carefully place the cakes in the pan with a spatula. If the cakes fall apart a bit, reshape into hamburger-shape cakes immediately. They will firm up as they cook. Sauté until golden brown on both sides.

BAKED SALMON DIJON

Nancy Strakbein

- 4 ½ lbs. salmon fillets (I use 2 individual frozen)
- 2 T. melted butter
- ½ c. mayonnaise

- 2 T. Dijon mustard
- 3 T. grated Parmesan cheese
- Ground pepper to taste

Rinse salmon and pat dry. Cover pan with foil. Place fillets skin side up on pan. Brush with 1 tablespoon melted butter. Broil for 4 minutes, turn and brush remaining butter and broil for 4 minutes. While fish broils combine rest of ingredients; brush fish with mayonnaise mixture and broil for 3-4 more minutes until salmon flakes easily and topping is golden brown.

HAM-STUFFED MANICOTTI*Chuck Van Over*

8 manicotti shells
 ½ c. chopped onion
 1 T. vegetable oil
 3 c. (1 lb.) ground fully cooked ham
 1 (4-oz.) can sliced mushrooms, drained
 1½ c. shredded Swiss cheese, divided

3 T. grated Parmesan cheese
 ½ c. chopped green pepper
 3 T. butter or margarine
 3 T. all-purpose flour
 2 c. milk
 Paprika
 Chopped fresh parsley

Cook manicotti according to package directions; set aside. In a large skillet, sauté onion in oil until tender. Remove from heat. Add ham, mushrooms, half of the Swiss cheese and Parmesan cheese; set aside. In a saucepan, sauté green pepper in butter until tender. Stir in flour until thoroughly combined; add milk, cook, stirring constantly until thickened and bubbly. Mix a quarter of the sauce into the ham mixture. Stuff shells with about ⅓ cup of filling each. Place in a greased 11 x 7 x 2-inch baking dish. Top with remaining sauce; sprinkle with paprika. Cover and bake at 350° for 30 minutes or until heated through. Sprinkle with parsley and remaining Swiss cheese before serving.

PORK CHOPS & RICE*Margie Hutchinson*

4 pork chops
 1 (10-oz.) can golden mushroom soup

1 box long-grain and wild rice

Brown chops on both sides. Combine soup with ¾ can water and the rice package in a saucepan; heat thoroughly. Pour over chops in skillet and simmer for an hour or until tender.

HOOSIER PORK CHOPS*Alice Vest*

Mix stuffing of 3 cups bread crumbs, 2 tablespoons cut onion, salt, pepper and water if needed. Brown in fat in large pan and pork chops cut thick. Season chops; cover with 1½ cups milk. Bake, covered in slow oven for 45 minutes. Put stuffing by spoonfuls on chops and bake uncovered for 30 minutes longer.

CHEESE TORTILLA QUICHE

Chuck Van Over

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|---|--|
| 1 lb. bulk sausage or bacon | 6 eggs, beaten |
| 5 corn tortillas (6 inch) | 1 c. sm. curd cottage cheese |
| 1 c. shredded Monterey Jack cheese | ¼ tsp. chili powder |
| 1 c. shredded cheddar cheese | ¼ c. minced fresh cilantro or parsley |
| 1 sm. can chopped green chiles | |

In a skillet, cook the sausage until no longer pink, breaking up the meat or cook the bacon until crisp. Remove from skillet, drain on paper towels and crumble. Place 4 tortillas in a greased 9-inch pie plate, overlapping and extending ½ inch beyond the rim. Place remaining tortilla in the center. Layer with sausage, shredded cheeses and chiles. Combine eggs, cottage cheese and chili powder; slowly pour over chiles. Bake at 350° for 45 minutes or until the center is set and puffed. Sprinkle with cilantro. Cut into wedges.

EASY BACON AND SPINACH QUICHE

Nick Hoppner

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|--|---|
| 3 crisp bacon slices | 4 beaten eggs |
| 1 (10-oz.) box frozen chopped spinach | ½ tsp. salt |
| 2 c. shredded sharp cheddar cheese | Dash of pepper |
| 2 T. flour | 1 (9-inch) unbaked deep-dish pie shell |

Preheat oven to 350°. Fry, drain and crumble bacon slices. Cook frozen spinach according to package instructions. Cool, drain, squeeze out water. In a large sealable bag, toss the cheese with flour to coat. Put flour, eggs, salt and pepper in a large bowl, mix. Pour into pie shell. Bake 1 hour until set. Shield pie crust rim with aluminum foil to prevent scorching.

HAM POLYNESIAN

Alice Vest

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|--|-------------------------|
| Ham, cut in chunks or diced | ¼ c. vinegar |
| 1 onion and 1 green pepper, diced | ¼ c. brown sugar |
| 13-oz. can pineapple chunks | 2 T. cornstarch |
| 1 c. chicken bouillon | 2 T. soy sauce |

Sauté onion and green pepper. Heat ½ cup pineapple liquid, stir in bouillon, vinegar, brown sugar, cornstarch and soy sauce. Cook until clear while stirring; add ham (heated). Serve over rice.

SAUSAGE/HASH BROWN BREAKFAST CASSEROLE

Myrtle Hogue
Martha Hogue

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|------------------------------------|----------------------|
| 1 lb. ground pork sausage | ½ tsp. pepper |
| 1 lb. hot ground pork sausage | 1 c. shredded cheese |
| 1 (30-oz.) pkg. frozen hash browns | 6 lg. eggs |
| 1 ½ tsp. salt, divided | 2 c. skim milk |

Cook sausages in large skillet over medium heat, stirring until crumbly and no longer pink; drain. Prepare hash browns according to package directions, using ½ teaspoon salt and pepper. Stir together hash browns, sausage and cheese. Pour into lightly greased 13 x 9-inch pan. Whisk together eggs, milk and remaining 1 teaspoon salt. Pour evenly over potato mixture. Bake at 350° for 40 minutes.

SPAGHETTI SKILLET

Chuck Van Over

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|----------------------------------|--|
| ¼ lb. bulk Italian sausage | 1 (4-oz.) can mushroom stems and pieces, drained |
| ½ lb. ground beef | 2 celery ribs, sliced |
| 1 (15-oz.) can tomato sauce | 4 oz. uncooked spaghetti, broken in half |
| 1 (14 ½-oz.) can stewed tomatoes | ¼ tsp. dried oregano |
| 1 c. water | |

In a skillet over medium heat, cook sausage and beef until no longer pink, breaking up meat; drain. Add the remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 14-16 minutes until spaghetti is tender.

SCALLOPED POTATOES AND PORK CHOPS

Chuck Van Over

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|--|---------------------------------|
| 5 c. thinly sliced, peeled, potatoes | ½ c. sour cream |
| 1 c. chopped onion | 6 pork loin chops, 1 inch thick |
| 1 (10 ¾-oz.) can condensed cream of mushroom soup, undiluted | |

In a greased 13 x 9 x 2-inch baking dish, layer half of the potatoes and onion. Sprinkle with salt and pepper; repeat layers. Combine the soup and sour cream; pour over potato mixture. Cover and bake at 375° for 30 minutes. Meanwhile, in skillet, brown pork chops on both sides. Remove casserole from oven, remove cover and place pork chops on top of potato mixture. Cover and return to the oven for 45 minutes or until chops are tender, uncovering during the last 15 minutes of baking.

SAUSAGE BALLS

*Larue Rainwater
Margie Hutchinson*

1 lb. cheddar cheese, grated

1 lb. sausage

Mix together then add 2½ to 3 cups Bisquick. Roll into balls (about 1 inch). Bake at 350° for about 30 minutes (on a cookie sheet).

EGG SAUSAGE CHILE STRATA

Nick Hoppner

1 lb. pork sausage, mild or spicy

6 eggs

2 c. milk

3 c. shredded sharp cheddar cheese

Dash of salt

Dash of pepper

5 slices buttered white bread

1 (4-oz.) can diced green chiles (mild, med. or hot)

Brown and drain the sausage. Cut buttered bread into ½-inch cubes. Sprinkle half the bread in the bottom of a 7 x 11-inch baking dish. Cover with half the shredded cheese, sausage and chilies. Repeat. Beat eggs; add milk, salt and pepper. Pour mixture over all. Bake at 350° for 1 hour.

NANCY'S HAM

Nancy Strakbein

1 precooked bone-in ham shank

1 or 2 cans drinkable beer

Preheat oven to 350°. (or use the directions on the package). Place ham (hams) in appropriate sized baking dish. Bake for ½ the total amount of cooking time suggested on the package or until the fat is browned. Score fat with a very sharp knife. Pour beer over ham. Cover and finish cooking, again, using the time suggestions on the package, basting with the pan juices every 20 minutes. Remove ham from dish, slice thinly, removing bone. If serving immediately, place on serving platter. If serving later, return ham to baking dish and hold in slow oven or place in preheated portable roaster oven. Pour cooking liquids over the ham and cover tightly, until serving time.

OVEN COOKED PORTERHOUSE STEAKS

Mike Williams

2 thick Porterhouse steaks
Olive oil

Salt and freshly ground pepper

Preheat oven to 500°. Put a cast-iron skillet into the oven and heat for 20 minutes. The skillet should be sized to comfortably hold the steaks, not squeezing and not too much open space. Rub both sides of steak with oil. Season steaks with salt and pepper; add prepared steaks to

(continued)

hot skillet and cook in oven until well browned on bottom, about 8 minutes. Turn steaks and cook in oven on second side for 5-6 minutes for rare, 7-8 minutes for medium rare, 9-10 minutes for medium. Remove steaks from skillet and set aside to rest for 5 minutes before serving.

SPIEDIE MARINADE (Shish Kebob)

Gizelle Turley

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|--------------------------|--------------------------------------|
| 1 c. canola oil | 1 tsp. oregano |
| 1 c. wine vinegar | 1 T. rosemary |
| 1 sm. diced onion | 1 clove garlic |
| 1 T. salt | 1 pkg. Italian salad dressing |
| ½ tsp. pepper | 1 dash lemon juice |

Use cubed beef, pork or chicken and marinate overnight. Put meat on skewers and grill.

SAUCY BURGER-RONI

Jean Williams

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|-------------------------------------|-------------------------------------|
| 4 T. oil | Pepper to taste |
| 1 lb. extra lean ground beef | 12 oz. dry macaroni |
| 1 c. diced celery | 4 T. dried parsley |
| 2 tsp. mild chili powder | 2 (16-oz.) cans tomato sauce |
| Salt to taste | 1 tomato sauce can of water |

Heat oil over medium-high heat in a large saucepan and brown the ground beef and soften the celery; adding the chili powder, salt and pepper as you stir. At the same time, bring a large pot of water to a boil. Add macaroni, stir, reduce heat and cook until the macaroni is al dente. When ground beef is browned, add the tomato sauce, water and dried parsley, stir well. Reduce heat and simmer 20-30 minutes. When the macaroni is al dente, drain the liquid off and add the cooked macaroni to the ground beef mixture, stir thoroughly.

BLACK OLIVE CASSEROLE

Alice Vest

- ½ lb. noodles, boiled**

Fry in salt 1 pound hamburger, can of mushrooms, chopped onion and can of olives. Mix above with 1 pound sharp cheese cut into chunks and 3 (8-ounce) cans tomato sauce. Bake at 350° for 20 minutes.

BRAISED BEEF IN BEER

Myrtle Hogue

- 1 pot roast**
- 2 T. canola oil**
- 2 lg. onions, diced**
- 2 tsp. dry mustard**

- 1 scant T. salt**
- ¼ tsp. pepper**
- 1 can beer**
- ¼ c. flour**

Cook pot roast in canola oil until well browned on all sides. Remove meat from pan. In drippings, cook onions, stirring occasionally until tender crisp. Return meat to pan, add dry mustard, salt, pepper and ¾ can beer. Reduce heat to low. Simmer until fork tender, turning meat occasionally and adding more beer if necessary. Use flour to make gravy from drippings.

CHUCK'S CHILI BAKE

Chuck Van Over

- 2 lbs. ground beef or Italian sausage**
- 1 onion, chopped**
- 1 garlic clove, minced**
- 1 tsp. chili powder**
- 1 tsp. salt (omit if using Italian sausage)**
- ¼ tsp. pepper**
- 12 (6-inch) flour tortillas**

- 2 (15-oz.) cans pinto beans, rinsed and drained**
- 1 ½ c. shredded cheddar cheese**
- 2 (10¾-oz.) cans condensed cream of celery soup, undiluted**
- 1 (10-oz.) can diced tomatoes and green chilies, undrained**

In a skillet, brown meat, breaking up as it cooks; drain. Add onion and garlic; cook until tender. Remove from the heat; add chili powder, salt and pepper. Place 6 tortillas in a greased 13 x 9 x 2-inch baking dish, overlapping slightly. Top with half of the meat mixture, cheese and remaining tortillas. Repeat the layers. Combine soup and tomatoes; pour over tortillas (dish will be full). Bake, uncovered at 350° for 30 minutes or until bubbly and heated through.

BARBECUE-STYLE MEAT LOAF

Margie Hutchinson

- 1 ½ lbs. ground beef**
- ½ c. bread crumbs**
- 1 med. onion, finely chopped**
- 1 egg, slightly beaten**
- ¼ tsp. pepper**
- 1 ½ tsp. salt**
- 2 (8-oz.) cans tomato sauce (or one 16-oz. can)**

- ½ c. water**
- 3 T. vinegar**
- 3 T. brown sugar**
- 2 T. mustard**
- 2 tsp. Worcestershire sauce**

(continued)

Combine beef, bread crumbs, onion, egg, salt, pepper and ½ can tomato sauce in a bowl; mix well. Form into loaf and put in shallow pan. Combine the rest of the sauce and all other ingredients; pour over loaf. Bake at 350° for 1 hour and 15 minutes, baste occasionally.

CROCKPOT ITALIAN MEATBALL STEW

Jean Williams

1 ½ lbs. ground meat (turkey, chicken, beef or pork)
½ c. fine Italian flavored bread crumbs
2 eggs, beaten
¼ c. milk
2 T. grated Parmesan cheese
2 carrots, peeled and sliced in ¼- to ½-inch slices
2 baking potatoes, peeled and cubed to ¾-inch pieces

2 celery stalks, sliced into ¼- to ½-inch slices
1 (6-oz.) can tomato paste
1 c. water
1 c. beef bouillon
½ tsp. oregano
1 tsp. seasoned salt
½ tsp. dried basil

Combine ground meat with bread crumbs, eggs, milk and cheese; set aside. Place vegetables in bottom of crockpot. Stir vegetables. Make meat mixture into 1- to 1½-inch meatballs. Layer meatballs over vegetables. Combine tomato paste, water, bouillon, oregano, salt and basil. Pour over meatballs. Cover and cook on low for 6 to 8 hours or until vegetables are tender when pierced.

ROUND UP BEAN CASSEROLE

*Myrtle Hogue
Hazel Ritter*

1 lb. ground beef
1 can each pork and beans, chili beans, kidney beans, lima beans, garbanzo beans
½ c. catsup

½ c. brown sugar
1 tsp. dry mustard
2 T. vinegar
Green pepper and minced onion (opt.)

Brown meat and season to taste. Combine all in baking dish. Bake at 350° for 1 hour.

CHUCK'S LASAGNA

Chuck Van Over

- 1 lb. ground beef
- 1 lg. onion, chopped
- 2 garlic cloves, minced
- 1 (28-oz.) can stewed tomatoes
- 2 (6-oz.) cans tomato paste
- 1 tsp. dried basil
- ½ tsp. dried oregano

- ¼ tsp. pepper
- 1 bay leaf
- 9 lasagna noodles
- 1 (6-oz.) can pitted ripe olives, drained and coarsely chopped
- 2 c. shredded mozzarella cheese
- ½ c. grated Parmesan cheese

In a large saucepan, cook beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the tomatoes, tomato paste, basil, oregano, pepper and bay leaf; bring to a boil. Reduce heat and simmer for 40-50 minutes or until thickened. Meanwhile, cook noodles according to package directions; drain. Discard bay leaf from meat sauce. Stir in olives. Spread ¼ of the sauce in a greased 13 x 9 x 2-inch baking dish. Top with 3 noodles and a third of the mozzarella and Parmesan cheeses. Repeat layers. Top with remaining noodles, sauce and cheeses. Bake, uncovered at 350° for 35-40 minutes or until bubbly. Let stand for 15 minutes before cutting.

MEATLOAF

Margie Hutchinson

- 2 lbs. ground beef
- 2 eggs, slightly beaten
- 1 sleeve crushed crackers
- ½ c. chili sauce
- ¼ c. ketchup

- ¼ tsp. pepper
- 1 tsp. salt
- 1 T. Worcestershire sauce
- 1 (8-oz.) block Colby cheese, sliced

Heat oven to 350°. Mix ground beef, eggs, crackers, chili sauce, ketchup, salt, pepper and Worcestershire sauce together. Put half mixture in loaf pan; slightly flatten. Top with sliced cheese then top with rest of meat. Seal edges around the cheese. Bake 1 ½-2 hours.

GRAVY COVERED MEAT PATTIES

Chuck Van Over

- 1 egg, beaten lightly
- ½ c. soft bread crumbs
- 1 T. finely chopped onion
- ½ lb. lean ground beef
- 1 (10¾-oz.) can cream of celery soup, undiluted

- ⅔ c. water
- ½ c. sliced fresh mushrooms
- Hot cooked noodles, rice or mashed potatoes

In a bowl, combine the egg, bread crumbs and onion. Crumble beef over the mixture and mix well. Shape into two patties. In a skillet, cook patties until browned on both sides. In a bowl, combine the soup, water

(continued)

and mushrooms; pour over patties. Bring to a boil. Reduce heat; cover and simmer until meat is no longer pink. Serve over noodles, rice or potatoes.

QUICK OVEN BEEF STEW

Myrtle Hogue
Aunt Loa

2 lbs. lean beef stew meat
1 pkg. onion soup mix

1 can cream of mushroom soup
1 c. water

Put stew meat in a tightly covered pot or casserole. Mix remaining 3 ingredients and pour over meat and cover. Put in 300° oven. "Don't lift cover to peek" for 3 hours. Serve with noodles or rice.

CORN BEEF CASSEROLE

Myrtle Hogue

1 can corn beef
1 can mushroom soup
½ can milk
1 c. grated cheese
Chopped onion to taste (I use dehydrated)

1 ½ c. cooked, dry kluski noodles (NO salt)
Crushed potato chips

Mix together corn beef, soup, milk and onions with noodles. Place in shallow casserole dish and top with cheese and crushed potato chips. Bake at 350° for 20 minutes or until bubbly.

SLOPPY JOE UNDER A BUN

Chuck Van Over

1 ½ lbs. ground beef
1 (15½-oz.) can sloppy Joe sauce
2 c. shredded cheddar cheese

2 c. biscuit baking mix
2 eggs, beaten
1 c. milk
1 T. sesame seed (opt.)

In a skillet, cook beef until no longer pink, breaking up meat; drain. Stir in sloppy Joe sauce; mix well. Transfer to a lightly greased 13 x 9 x 2-inch baking dish. Sprinkle with cheese. In a bowl, combine biscuit mix, eggs and milk just until blended. Pour over cheese. Sprinkle with sesame seed. Bake, uncovered, at 400° for 25 minutes or until golden brown.

BEST EVER SHORT RIBS

Myrtle Hogue

Short ribs
½ c. soy sauce
¼ c. white wine
1 (8-oz.) can tomato sauce
¼ tsp. chili powder

¼ tsp. pepper
1 clove garlic, minced
1 med. onion, chopped
½ c. celery, chopped

(continued)

Brown short ribs, then add garlic. Add remaining ingredients and cover tightly. Carrots and potatoes may be added as well. Bake at 350° for at least 2 hours.

CHILI NACHO SUPPER

Chuck Van Over

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|---|--|
| 2½ lbs. ground beef | 2 env. chili mix |
| 3 (15-oz.) cans tomato sauce | 2 lbs. process American cheese, cubed |
| 2 (16-oz.) cans pinto beans, rinsed and drained | 1 c. whipping cream |
| 1 (10-oz.) can diced tomatoes and green chilies, undrained | 1 lg. bag corn chips |
| | Sour cream |

In a Dutch oven, cook the beef until no longer pink, breaking up meat; drain. Add tomato sauce, beans, tomatoes and chili mix; heat through. Add cheese and cream; cook until the cheese is melted. Serve over chips. Top with sour cream.

ENCHILADA CASSEROLE

Myrtle Hogue

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|---|-----------------------------|
| 1½ lbs. ground beef | 1 sm. can taco sauce |
| ½ c. diced onions (more or less to your taste) | 1 can green chilies |
| 1 can cream of mushroom soup | Tortillas |
| 1 can cream of chicken soup | Shredded cheese |
| Enough milk to clean out cans | Seasonings to taste |

Brown in pan the ground beef in batches if needed with the onions. Put in bowl. In another bowl mix the soups, milk, taco sauce and green chilies. Mix ground beef and soup mixture together. Grease casserole with Pam spray. Place tortillas in bottom. Layer mixture then shredded cheese until gone, ending with cheese on top. Bake at 325° for 1 hour.

CHILI BEEF SMOTHERED BURRITOS

Chuck Van Over

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|--|--|
| 1 (16-oz.) can refried beans | 2 cans either green salsa verde or enchilada sauce (warmed up) (opt.) |
| 8 (6-inch) flour tortillas | |
| ½ lb. ground beef, cooked and drained | 1 c. shredded cheddar cheese (opt.) |
| 1 c. (4 oz.) shredded sharp cheddar cheese, divided | |
| 1 (4½-oz.) can chopped green chilies | |

Spoon refried beans evenly down center of tortillas, ending about 1-1½ inches from the edge. Top each equal amounts of ground beef and

(continued)

2 tablespoons of cheese. Fold ends and sides over filling and roll up; place seam side down in a greased 13 x 9 x 2-inch baking dish. Sprinkle with chilies and remaining cheese. Bake, covered at 350° for 30 minutes or until heated through. Serve chile verde or enchilada sauce along sauce and top with cheese if you like.

FOIL-BAKED ROAST BEEF

*Myrtle Hogue
Aunt Loa*

3-5 lb. roast, chuck may be used	4 T. water
1 pkg. dry onion soup mix	Aluminum foil, heavy duty or
1 lg. can mushrooms, stems and pieces	triple reg. foil

Place foil on cookie sheet, place roast on foil. Sprinkle soup mix and mushrooms over roast. Dribble water over all and seal tightly with foil. Seal tightly. Bake at 250° for at least 5 hours. Serve gravy as is or pour off and add more water to thicken.

AUTHENTIC HUNGARIAN GOULASH (Gulyas)

Gizelle Turley

1 med. to lg. onion	2 lbs. stew meat or round steak, cubed
½ bell pepper, diced	1 lg. can mushrooms with juice
1 Hungarian pepper, diced (sweet or hot)	½ lb. sour cream
½ c. shortening	1 sm. tomato, diced (opt.)
1 ½ T. paprika	½-¾ c. flour

In Dutch oven, sauté onions and peppers in shortening until tender. Add paprika, stirring then immediately add meat and stir; add mushrooms with juice. Add additional water, if needed, to barely cover meat. Simmer, stirring occasionally, on low heat; salt to taste. Simmer for approximately 1 ½-2 hours until meat is tender. Add ½-¾ cup flour, stir together then add about 1 cup water until a medium thick sauce is formed. Add sour cream to taste. Do not boil once sour cream is added. Allow to heat through until sour cream is fully incorporated. Serve over egg noodles.

BEEF TOPPED BEAN ENCHILADAS

Chuck Van Over

- 1 ½ lbs. ground beef
- 1 med. onion, chopped
- 1 (16-oz.) jar salsa
- 1 (8-oz.) can tomato sauce
- 1-2 tsp. ground cumin
- ⅛ tsp. garlic salt
- 1 (16-oz.) can refried beans

- 12 (7-inch) flour tortillas
- 1 ½ c. (6 oz.) shredded cheddar cheese, divided
- 1 ½ c. (6 oz.) shredded Monterey Jack cheese, divided
- 2 (2 ¼-oz.) cans sliced ripe olives, drained, divided

In a skillet, cook beef and onion until meat is no longer pink; drain. Stir in the salsa, tomato sauce, cumin and garlic salt; cook for 3 minutes or until heated through. Meanwhile, spread 2-3 tablespoons refried beans over each tortilla. Sprinkle each with 1 tablespoon cheddar cheese, 1 tablespoon Monterey Jack cheese and 1 tablespoon olives. Roll up. Place seam side down in a greased 13 x 9 x 2-inch baking dish. Top with beef mixture. Sprinkle with remaining cheeses and olives. Bake, uncovered at 350° for 20 minutes or until heated through.

ORIENTAL STEW

Myrtle Hogue

- 2 lbs. boneless beef, cut into 1- to 2-inch cubes

Cooking oil

- 1 ¾ c. beef bouillon

- ⅓ c. soy sauce

- 1 T. brown sugar

- ¼ tsp. ginger

- 1 lg. onion, cut in eighths

- 2 c. sliced celery

- 1 (4-oz.) can sliced mushrooms, drained, reserve liquid

- 1 (16-oz.) can bean sprouts, drained

- 1 (6-oz.) can sliced water chestnuts, drained

- 1 sm. jar pimentos

- 2 T. cornstarch

- Chinese noodles

Brown beef in cooking oil and drain off grease. Add bouillon, soy sauce, brown sugar and ginger to meat. Bring to a boil, reduce heat and simmer, tightly covered 1 ½ hours or until meat is tender. Add onion and celery; simmer 20 minutes. Add mushrooms, bean sprouts, water chestnuts and pimentos to meat mixture. Mix mushroom liquid with cornstarch until smooth; add to meat mixture, stirring until thickened. Serve with noodles.

MUSHROOM ROUND STEAK

Chuck Van Over

- ½ c. all-purpose flour
- ½ tsp. salt
- ¼ tsp. pepper
- 2- to 2 ½-lb. boneless round steak (½ inch thick), cut into serving-size pieces
- 2 T. vegetable oil
- 1 (10 ½-oz.) can condensed French onion soup, undiluted

- 1 (8-oz.) can mushroom stems and pieces, drained
- ¾ c. water
- ¼ c. ketchup
- 1 T. Worcestershire sauce
- 2 T. cornstarch
- ¼ c. cold water
- 1 (8 oz.) sour cream

In a large sealable plastic bag, combine flour, salt and pepper. Add beef, a few pieces at a time, shake to coat. In a large skillet, brown the beef in batches in oil. Transfer meat to a slow cooker with a slotted spoon. In a bowl, combine the soup, mushrooms, water, ketchup and Worcestershire sauce. Pour over meat; cover and cook on low for 8 hours or until meat is tender. Remove beef with a slotted spoon; keep warm. Transfer cooking liquid to a saucepan. Combine cornstarch and cold water until smooth; gradually stir into cooking liquid. Bring to a boil; cook and stir for 1-2 minutes for until thickened. Stir a small amount of hot liquid into sour cream. Return warmed sour cream to the saucepan; cook on low until heated through. Serve over meat.

OVEN BAKED STEW

Myrtle Hogue

- 1 pkg. onion soup mix
- 1 tsp. paprika
- Stew meat, bite-size pieces
- 4 potatoes, cut in quarters

- 2 onions, cut in chunks
- 4 carrots, cut in chunks
- 1 can cream of celery soup
- ½ c. ketchup

In a paper bag combine onion soup mix, paprika and stew meat; place in 2-quart covered baking dish. Arrange potatoes, onions and carrots on top of meat. Mix soups and ketchup, pour over stew. Cover and bake at 325° for 2 hours.

QUICK AND EASY SPAGHETTI

Chuck Van Over

- ½ lb. ground beef
- ¼ lb. bulk Italian sausage
- 6 fresh mushrooms, sliced thin
- 2 celery ribs, sliced thin
- 2 (15-oz.) can tomato sauce
- 1 c. water

- 4 oz. uncooked spaghetti, broken in half (could use any tube pasta as well)
- ¼ tsp. dried oregano
- 2 tsp. dried parsley
- Salt and pepper to taste

In a skillet over medium heat, cook beef and sausage until no longer pink, breaking up meat as it cooks. Push the meat to the sides and sauté the celery and mushrooms in the pan liquid until they are softened.

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Add the remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 14-16 minutes until spaghetti is tender.

ORIENTAL BEEF PATTIES

Myrtle Hogue

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| 4 eggs, beaten | ½ tsp. salt |
| 1 lb. ground beef | ¼ tsp. pepper |
| ¾ c. oatmeal | ¼ c. milk |
| ½ c. chopped onion | 1 T. soy sauce |
| ½ c. chopped green pepper | |

Mix eggs, ground beef, oatmeal, onion, pepper, salt, pepper, milk and soy sauce thoroughly. Form into flat patties. Fry patties in small amount of canola oil over low heat until brown on both sides.

STIR FRIED BEEF 'N BEANS

Chuck Van Over

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|--|---|
| ¼ c. cornstarch | 1 lb. boneless beef sirloin steak, |
| ½ c. soy sauce | cut into ¼-inch strips |
| 2 T. water | ½ lb. fresh green beans, cut in |
| 1 tsp. ground ginger (or 4 tsp. | half lengthwise |
| minced fresh gingerroot) | 1 tsp. sugar |
| 4 garlic cloves, minced | ¼ tsp. salt |
| 4 T. vegetable oil, divided | Hot cooked rice |

In a bowl, combine the cornstarch, soy sauce, water, ginger, garlic and 2 tablespoons oil until smooth. Set aside ½ cup. Pour the remaining marinade into a large sealable plastic bag; add the beef. Seal bag and turn to coat; refrigerate for 25-30 minutes. Drain and discard marinade from beef. In a wok or skillet, stir fry beef in remaining oil for 4-6 minutes or until no longer pink. Remove and keep warm. In the same skillet, stir fry the beans, sugar and salt for 15 minutes or until crisp tender. Stir in the beef and reserved marinade. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve over rice.

SHANGHAI CASSEROLE

*Myrtle Hogue
Aunt Loa*

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|-------------------------------------|--|
| 1 ½ lbs. ground beef | 1 pkg. frozen mixed vegetables, |
| 1 c. chopped onion | thawed |
| 1 clove minced garlic | 2 c. cooked rice |
| 2 c. coarsely chopped celery | 2 T. soy sauce |
| 1 can mushroom soup | Chinese noodles |

Crumble ground beef into greased skillet; add onion and garlic, cook over medium heat until meat loses red color. Drain off excess grease. Add celery, soup and thawed vegetables. Stir in rice and soy sauce.

(continued)

Turn mixture into greased casserole dish. Bake covered at 350° for 20-25 minutes. Remove cover and garnish top with Chinese noodles. Return to oven for 5-10 minutes, remove from oven and eat.

POOR MAN STEAK

Margie Hutchinson

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|--------------------------|-------------------------------------|
| 1 lb. ground beef | 1 T. Worcestershire sauce |
| ¼ tsp. pepper | 16 crushed crackers |
| ¼ tsp. salt | 1 can cream of mushroom soup |

Combine ground beef, pepper, salt, Worcestershire sauce and crackers in a bowl; mix well. Form into serving-size patties and brown in skillet. Put patties in casserole dish and spread with soup. Bake, covered, at 325° for 1 hour. Makes 6 patties.

STUFFED CABBAGE ROLLS

Martha Hogue

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|------------------------------|------------------------------------|
| 12 cabbage leaves | 1 tsp. sugar |
| 1 lb. hamburger | ½ tsp. lemon juice |
| ½ c. cooked rice | 1 T. cornstarch |
| 1 med. onion, chopped | 1 T. water |
| ⅛ tsp. garlic salt | 1 (15-oz.) can tomato sauce |
| ⅛ tsp. pepper | |

Cover cabbage leaves with boiling water and let stand until limp about 10 minutes. Remove and drain. Mix hamburger, cooked rice, onion, garlic salt, pepper, sugar, lemon juice, cornstarch, water and ½ cup tomato sauce. Place ⅓ cup mix at stem end of each leaf. Roll leaf around mixture. Place in ungreased square baking dish. Cover with remaining tomato sauce and cook at 350° for 45 minutes.

SWEETIE PIE MEATBALLS

Carol Peterson

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|-----------------------------|-------------------------------|
| 2 lbs. ground chuck | 1 tsp. pepper to taste |
| 1 egg | 1 tsp. Accent |
| 2 T. bread crumbs | 1 tsp. onion salt |
| 1 tsp. salt to taste | |

Mix ground chuck, egg, bread crumbs, salt, pepper, Accent and onion salt together in a bowl then roll into small walnut size or smaller.

Sauce:

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|--------------------------------------|--|
| 1 (12-oz.) bottle chili sauce | Juice of 1 fresh lemon (approx. |
| 6 oz. grape jelly | 3 T.) |

In heavy saucepan, add the chili sauce, grape jelly and lemon juice, heat and dissolve as much as possible. Add meatballs, cover and cook 80 minutes then uncover and cook additional 15 minutes, stir frequently. Serve in chaffing dish or fondue pot with toothpicks or bamboo sticks.

BEEF CASSEROLE (Beef Stew)

Nancy Strakbein

Roll 1 ½ pounds stew meat in mixture of ½ cup Bisquick; add ½ cup canned tomatoes and 2 small onions, sauté until onions are transparent. Add 4 or so cut up potatoes, 3 large carrots, sliced and 1 small clove of garlic, cut up. Add water to cover vegetables and meat; cover lightly and cook over low heat until meat is tender (add more water if necessary). Stir in ⅔ cup sour cream and ¼ teaspoon Worcestershire sauce. Heat oven to 425°. Pour stew into 2-quart baking dish. Cover hot mixture with sour cream chive biscuits. Bake 15-20 minutes until biscuits are golden brown.

DANIELLE'S CORNED BEEF

Danielle Kistler

- 1 pkg. corned beef, including the seasoning pkt.**
- 1 bay leaf and enough water plus pkg. liquids to cover the corned beef**

Remove corned beef from package and place in pot or in a crockpot. Cover with water; add the seasoning packet, bay leaf and package liquids. Bring pot of water and beef to a boil. Simmer for 4-6 hours until desired (if using a crockpot follow the timing instructions in your manual). Remove corned beef from pan or crockpot and allow to rest for 5-10 minutes. Slice against the grain and enjoy!



Favorite Recipes

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Helpful Hints

- When baking bread, a small dish of water in the oven will keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans when baking bread. Margarine and oil absorb more readily into the dough.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder. Store in a tightly covered container.
- One scant tablespoon of bulk yeast is equal to one packet of yeast.
- Hot water kills yeast. One way to test for the correct temperature is to pour the water over your wrist. If you cannot feel hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- Use bread flour for baking heavier breads, such as mixed grain, pizza doughs, bagels, etc.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you can achieve a finer texture if you use milk. Water makes a coarser bread.
- Fill an empty salt shaker with flour to quickly and easily dust a bread pan or work surface.
- For successful quick breads, do not overmix the dough. Mix only until combined. An overmixed batter creates tough and rubbery muffins, biscuits, and quick breads.
- Muffins can be eaten warm. Most other quick breads taste better the next day. Nut breads are better if stored 24 hours before serving.
- Nuts, shelled or unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts can be used directly from the freezer.
- Enhance the flavor of nuts, such as almonds, walnuts, and pecans, by toasting them before using in recipes. Place nuts on a baking sheet and bake at 300° for 5–8 minutes or until slightly browned.
- Overripe bananas can be frozen until it's time to bake. Store them unpeeled in a plastic bag.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

BREADS & ROLLS

ST. STEPHEN'S BANANA BREAD

Perfected by Julie Wahtola

1 stick butter
1 c. sugar
2 eggs
2 mashed very ripe bananas
(2½ if sm.)

¾ c. walnut pieces
2 c. + 2 T. flour
½ tsp. baking powder
½ tsp. baking soda

Adjusted for Montrose elevation. Preheat oven to 340°. Nonstick spray and flour 3 small aluminum pans. Cream butter; beat in sugar and add eggs. Alternately add flour and bananas; stir in walnuts. Divide equally between three prepared pans. Bake about 50 minutes. Cover each pan with aluminum foil immediately when removed from oven.

ROSE'S BANANA BREAD

Julie Wahtola

2 c. + 1 T. flour
½ tsp. baking powder
½ tsp. baking soda
1 c. sugar
1 stick butter

2 eggs
2 mashed very ripe bananas
(2½ if sm.)
¾-1 c. walnut pieces

Sift together flour, baking powder and soda; set aside. Cream butter; beat in sugar and add eggs. Alternately add flour and bananas; stir in walnuts. Grease and flour the bottom only of two or four small loaf pans. Bake at 350° for 1 hour, check at 50 minutes.

ZUCCHINI BREAD

Julie Wahtola

1 ½ c. flour
½ tsp. baking soda
½ tsp. salt
½-¾ tsp. cinnamon
1 c. sugar

½ c. vegetable oil
1 egg
1 c. grated zucchini (leave peel on)
¾-1 c. chopped walnuts

Sift together flour, soda, salt and cinnamon; set aside. Beat together the sugar and oil. Mix in egg; add zucchini and beat together. Gradually add dry ingredients. Grease and flour the bottom only of two or four small loaf pans. Bake at 325° for 1 hour, check at 50 minutes.

BANANA NUT BREAD*Maureen Cowles
Myrtle Hogue***3 c. Bisquick mix**
 $\frac{2}{3}$ c. sugar
2-3 bananas **$\frac{1}{2}$ c. milk**
2 eggs
 $\frac{3}{4}$ c. chopped nuts

Beat Bisquick mix, sugar, bananas, milk, eggs and nuts on low speed, scraping constantly for 30 seconds. Beat on medium speed 2-3 minutes, scraping occasionally. Place in 9 x 5 x 3-inch pan and bake at 350° for 55-60 minutes. Slice when cooled.

CINNAMON/SUGAR LOAF*Dawn Vaillancourt* **$\frac{1}{2}$ c. sugar**
2 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{3}$ c. butter, melted
**1 can favorite biscuits, cut each
biscuit into quarters****Nuts (opt.)**
Raisins (opt.)
Chocolate chips (opt.)
Coconut (opt.)
Sprinkles (opt.)

Preheat oven to 400°. Grease or spray bread loaf pan. Mix sugar and cinnamon in a large resealable bag. Dip several quarters of the biscuits into butter and then drop and shake in bag and put in greased pan. Bake 20-32 minutes, depending on oven, cool 2 minutes. Loosen edge and serve. Can add nuts, raisins, chocolate chips, coconut, etc. on top before baking.

**ELLA DE CORDOVA'S
PUMPKIN BREAD***Jean and Mike Williams
Julie Roll***3 c. sugar**
**2 c. fresh cooked pumpkin (not
canned), can be cooked ahead
and kept in refrigerator**
4 eggs, slightly beaten
1 c. vegetable oil
 **$\frac{2}{3}$ c. water, less if pumpkin is
watery****3 $\frac{1}{2}$ c. flour**
2 tsp. baking soda
 $\frac{1}{2}$ tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg

Mix sugar, pumpkin, eggs, oil and water in a large bowl. Sift the flour, baking soda, salt, cinnamon and nutmeg in another bowl. Now add the dry mixture into the pumpkin mixture; add $\frac{1}{2}$ to 1 cup of chopped pecans if you like. Spray 2 standard loaf pans very well with cooking spray. Divide batter evenly between the 2 pans. Bake at 350° for 1 hour. Cool about 10 minutes on cooling rack and turn loaves out onto rack to cool.

ROCK BUNS

Susan Cox

8 oz. self-rising flour
Pinch of salt
4 oz. margarine
3 oz. mixed dried fruit

1 oz. mixed peel
2 oz. sugar
1 med. egg
Milk to mix

Heat oven to 400°. Grease 2 baking trays. Mix flour, salt and margarine; stir in dried fruit, mixed peel and sugar. Mix to a stiff dough with eggs and milk. Place in rough heaps on baking tray and bake 10-15 minutes.

ZUCCHINI BREAD

Gizelle Turley

4 eggs
2 c. sugar
1 c. oil
3½ c. flour
2 c. grated zucchini
½ tsp. vanilla

1½ tsp. baking soda
1 tsp. cinnamon
¾ tsp. baking powder
3 T. cocoa (for chocolate zucchini bread) (opt.)
1 c. nuts (opt.)

Mix eggs, sugar, oil, flour, zucchini, vanilla, baking soda, cinnamon and baking powder together in bowl; add cocoa and nuts (optional). Pour into bread pan and bake at 350° for 55 minutes or until toothpick comes out clean.

CRANBERRY ORANGE BREAD

Julie Wahtola

1 c. sugar
2 c. flour
½ tsp. baking soda
½ tsp. salt
1½ tsp. baking powder
Juice and rind of 1 orange

2 T. Crisco
Water (per instructions)
1 beaten egg
1 c. chopped walnuts or pecans
1 c. raw cranberries

In large mixing bowl, sift together flour, soda, salt and baking powder. Mix in sugar. In microwavable measuring cup, melt the shortening; add orange juice and rind and add water to equal ¾ cup. Add liquids to dry ingredients and beat only until dampened. Beat in egg; add nuts and cranberries. Grease and flour bottom only of two or four small loaf pans. Bake at 350° for 1 hour, check after 50 minutes.

DILL ONION BREAD*Julie Wahtola*

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|---------------------------------|-------------------------------------|
| 1 c. milk | ½-¾ tsp. garlic powder |
| 2 T. sugar | 2 tsp. dill seed |
| ½-1 T. salt | 1 T. dehydrated minced onion |
| 2 pkgs. dry yeast | 4½ c. sifted flour |
| 1 c. very warm tap water | |

Scald milk, add sugar and salt, stir well to dissolve; set aside. Dissolve yeast in water in large bowl. Sift flour and measure in seasonings and onion; add cooled milk to yeast. Add seasoned flour; beat 2 minutes with slotted spoon. Cover with cloth and let rise in warm place 45 minutes. After 45 minutes, beat with slotted spoon again for 1 minute. Pour into lightly greased and floured 1½-quart Corning Ware or other baking dish. **Optional:** Brush top of loaf with slightly beaten egg white before baking. Bake at 375° uncovered for 60-65 minutes. Turn out onto rack to cool. **Tip:** Sides may need vigorous scraping to release loaf.

EASY FAST FRENCH BREAD*Dixie Aufderheide
Mary Turner*

- | | |
|--------------------------------|----------------------|
| 1 T. yeast | 1 T. salt |
| 1 T. sugar | 3 T. cornmeal |
| 2 c. warm water | 1 egg white |
| 5-6 c. unbleached flour | |

Combine the yeast with sugar and warm water in a large bowl and allow to proof. Mix the salt with the flour and add to the yeast mixture one cup at a time, until you have a stiff dough. This may be combined in food processor to this point to shorten kneading time, or you may use a stand mixer with a dough hook. Knead until no longer sticky, adding flour as necessary. Dough should be smooth like satin. Place in a buttered bowl and turn to coat all sides. Cover and let rise until doubled in bulk, about 1-1½ hours. Punch down dough. Turn out onto lightly floured board and cut in two. Shape into 2 long loaves. Place on baking sheet that has been sprinkled with cornmeal but not buttered. Slash the tops of the loaves diagonally two or three times and brush with egg whites. Place in COLD oven and set temperature to 400°. Bake for 35 minutes or until browned and hollow sounding.

KRINGLER*Mary Turner*

- | | |
|--------------------|-------------------|
| 1 c. flour | 2 T. water |
| ½ c. butter | |

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|---|------------------------------|
| 1 c. water | ½ tsp. almond extract |
| ½ c. butter | |
| 1 c. flour | |
| 3 eggs, stirred in one at a time | |
| and beaten well after each | |
| addition | |

Cut butter into flour and add water. Roll out to fit bottom of 9 x 13-inch pie pan. Now heat water and butter to a boil and add flour, eggs and almond extract then spreading over crust. Bake at 350° for 1 hour.

Frosting:

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|------------------------------|-------------------------------------|
| 1 c. powdered sugar | Cream |
| 1 T. butter | Toasted slivered almonds and |
| ½ tsp. almond extract | maraschino cherries |

Combine powdered sugar, butter, almond extract and cream. Frost Kringler while warm. Garnish with the toasted slivered almonds and maraschino cherries. Serves 6-8.

COFFEE CAKE

Alice Vest

- | | |
|--------------------|-----------------------------|
| 3 c. flour | 2 tsp. baking powder |
| 2 c. sugar | ¼ tsp. salt |
| ½ c. butter | |

Mix above to make crumbs. Take out 1 cup for top. Add to remainder, 1 cup milk and 1 egg. Pour in cake pan. Mix 2 teaspoons cinnamon with crumbs and spread on top. Bake in moderate oven for 45 minutes.

SALLY LUNN BREAD

Myrtle Hogue

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|--|--------------------|
| 2 (¼-oz.) env. active dry yeast | 2 lg. eggs |
| ½ c. warm water | 1 tsp. salt |
| 1 ½ c. milk | 5 c. flour |
| ¼ c. butter | |

Combine yeast and water in measuring cup; let stand 5 minutes. Heat milk and butter in saucepan over medium heat until butter melts (cool to 100°-110°). Beat yeast mixture, milk mixture and eggs at medium speed until thick. Gradually add flour at low speed. Dough will be sticky soft. Cover and let rise 30 minutes or until doubled in bulk. Stir down and spoon into well greased tube pan. Cover and let rise 20-30 minutes or until doubled in size. Bake at 350° for 35-40 minutes. Remove from pan immediately.

CALZONE OR PIZZA DOUGH

Gizelle Turley

6 c. bread flour

3 T. sugar

2 tsp. salt

4 tsp. yeast

Put 3 cups flour in bowl and add sugar, salt, yeast and enough water to make very moist mixture. Beat with wooden spoon for 75 strokes. Gradually add remaining flour and knead until flour is incorporated and soft dough forms. Separate dough into 2 equal parts for pizza or 6 to 8 parts for calzones. Cover with dish towel and let rise for approximately 30 minutes. **Pizza:** Roll out dough and shape to pan. Spread pizza sauce and desired topping. Bake at 400° for 15-20 minutes until cheese melts and crust is lightly browned. **Calzone:** Roll out 1 dough ball to approximately 6 to 8 inch diameter. Put sauce and desired fillings on half of dough. Fold in half and press edges to seal. Bake at 400° for 15 minutes or until lightly browned. Serve with sauce of your choice. Makes 2 large pies or 6 to 8 calzones.

CINNAMON ROLLS

Jody Brown

1 c. milk

2 T. butter

1 ½ eggs (¼ c. + 2 T. Egg Beaters)

2 T. sugar

½ tsp. salt

3 c. all-purpose flour + ½ c.

1 ½ tsp. yeast

Throw in bread machine; set to dough cycle. When done, remove and knead a little. Cover and let rest 10 minutes; divide in half. Roll out into 2 rectangles. Melt 3 tablespoons butter; brush on dough then sprinkle cinnamon sugar on top. Roll tightly (don't squeeze). Cut into 6 or 7 pieces. While resting make topping. **Topping:** In a saucepan combine 1 ½ cups packed brown sugar, ½ cup butter and ¼ cup light corn syrup. Cook and stir until butter melts and mixture is blended. Pour into pan. Sprinkle ½ cup pecans and ½ cup Brazil nuts over top. Pour cut rolls in pan; cover. Let rise about 30-45 minutes. Bake at 360° for 18-20 minutes; at 12 minutes place piece of foil over top. Remove. Let sit for 30 seconds then invert on rack and remove from pans.

BEER BREAD

Jean Williams

Myrtle Hogue

1 loaf pan or 12 muffin tin

3 c. self-rising flour

3 T. sugar

12 oz. beer

2 T. melted butter

Preheat oven to 350°. Butter (or use cooking spray) the loaf pan or muffin tin. In a large bowl, combine the flour, sugar and beer; mix well. The mixture will be sticky. Pour into the loaf pan or spoon into the muffin tin. Bake the loaf for 55-60 minutes or the muffins for 20 minutes. Brush

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with melted butter while still hot. If serving the loaf, allow to cool before slicing. The muffins can be served fresh from the oven.

IRISH SODA BREAD

Jean Williams

4 c. all-purpose flour

¼ c. sugar

2 tsp. baking powder

1 tsp. baking soda

1 tsp. salt

1 ¼ c. buttermilk

¼ c. corn oil

2 lg. eggs, lightly beaten

**1 c. golden raisins or currants
(opt., but tasty)**

**2 tsp. caraway seed (opt., but
tasty)**

1 T. milk

**2 tsp. butter, cut into 4 sm.
pieces**

Preheat the oven to 350°. In a large bowl, combine the flour, sugar, baking powder, baking soda and salt. In a medium bowl, beat together the eggs, buttermilk and oil. Make a well in the center of the dry ingredients and pour in the buttermilk mixture. Add the caraway seed and raisins. Scrape the bread dough into an ungreased 9-inch springform pan or make the 9-inch round shape on a greased baking sheet or parchment lined baking sheet. Brush the top of the bread with milk. Using the tip of knife, cut a shallow "X" in the top of the dough. Place a piece of butter in each point. Bake bread for 50 minutes if in the springform pan or 30-40 minutes if no pan or until golden. Transfer pan or round loaves to a wire rack to cool for 10 minutes. Remove from the pan (if one has been used) and serve warm if possible. If the bread is to be served cold, slice it while it is still warm (to prevent crumbles). Store in sealed baggie. Should be able to get 2 "end cuts" and then 6 or 8 slices which can then be cut in half, 14-18 slices, total.

Recipe Favorites



A large, stylized orange letter 'D' is the central focus of the page. It is set against a bright yellow background. To the left of the 'D', there is a small, partially visible black and white graphic element. Below the 'D', there is a small black and white graphic element. The overall design is simple and bold.

esserts

Favorite Recipes

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Helpful Hints

- Keep eggs at room temperature to create greater volume when whipping egg whites for meringue.
- Pie dough can be frozen. Roll dough out between sheets of plastic wrap, stack in a pizza box, and keep the box in the freezer. Defrost in the fridge and use as needed. Use within 2 months.
- Place your pie plate on a cake stand when ready to flute the edges of the pie. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- When making decorative pie edges, use a spoon for a scalloped edge. Use a fork to make crosshatched and herringbone patterns.
- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.
- Pumpkin and other custard-style pies are done when they jiggle slightly in the middle. Fruit pies are done when the pastry is golden, juices bubble, and fruit is tender.
- Keep the cake plate clean while frosting by sliding 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away, leaving a clean plate.
- Create a quick decorating tube to ice your cake with chocolate. Put chocolate in a heat-safe, zipper-lock plastic bag. Immerse it in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.
- Achieve professionally decorated cakes with a silky, molten look by blow-drying the frosting with a hair dryer until the frosting melts slightly.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.
- Prevent cracking in your cheesecake by placing a shallow pan of hot water on the bottom oven rack and keeping the oven door shut during baking.
- A cheesecake needs several hours to chill and set.
- For a perfectly cut cheesecake, dip the knife into hot water and clean it after each cut. You can also hold a length of dental floss taut and pull it down through the cheesecake to make a clean cut across the diameter of the cake.

DESSERTS

SUNRISE CHERRY PIE

*Gram Gwen Leary
Dawn Vaillancourt*

1 (8-oz.) pkg. cream cheese,
softened
½ tsp. vanilla
1 (8¼-oz.) can crushed
pineapple, drained well
(reserve 2 T. juice)

1 (21-oz.) can cherry pie filling,
split ½ c.
1 sm. ctn. whipped topping
1 prepared graham cracker
crust

Combine in bowl cream cheese, vanilla and reserved juice; mix until well blended. Stir in ¼ cup pineapple and ½ cup pie filling. Fold in whipped topping. Pour into crust. Top with remaining filling and pineapple. Chill for 1 hour in refrigerator.

RUSSIAN TEA CAKES

Danielle Kistler

1 c. butter
½ c. confectioners' sugar
1 tsp. vanilla

2¼ c. flour
¼ tsp. salt
¾ c. nuts (any kind) (opt.)

Cream together butter, sugar and vanilla; add flour, salt and nuts, blend well. Chill dough. Roll dough into 1-inch balls. Bake on ungreased cookie sheets at 400° for 10-12 minutes. Cool on rack. While still warm roll in powdered sugar. Once cool, roll in powdered sugar once again.

WASHINGTON APPLE CAKE

Gay Flack

3 eggs
1½ c. sugar
1 c. cooking oil
2 c. + 2 T. flour
4 tsp. cinnamon
1 tsp. baking soda

½ tsp. salt
1 tsp. vanilla
1 c. chopped walnuts
4 c. thinly sliced pared tart
apples (about 5 med.)

Beat eggs with mixer until thick and light. Combine sugar and oil. Pour into eggs with mixer on medium speed. Stir together dry ingredients and add to egg mixture with vanilla. Beat to mix. Stir in walnuts. Spread apples in a buttered 13 x 9 x 2-inch pan. Pour batter over apples spreading to cover (batter is very stiff and hard to pour and spread). Bake a 350° for 45 minutes to 1 hour. When cool, spread with cream cheese icing.

AMARETTO CHEESECAKE*Margie Hutchinson*

1 ½ c. graham cracker crumbs
2 T. sugar

1 tsp. cinnamon
¼ c. plus 2 T. melted margarine

Combine and press firmly into bottom of 9-inch springform pan. Beat until light and fluffy:

3 (8-oz.) pkgs. cream cheese,
softened

Beat cream cheese until light and fluffy. Gradually add 1 cup sugar, 4 eggs (one at a time), beating well after each (high altitude, use 5 eggs); stir in ⅓ cup amaretto. Pour into prepared pan. Bake at 325° for 50-60 minutes or until well set.

⅓ c. amaretto
16 oz. sour cream

2 T. plus 2 tsp. sugar

Combine well and pour over cheesecake. Bake at 500° for 5 minutes. Cool to room temperature then refrigerate 24-48 hours. Best served thoroughly chilled.

APPLE CRISP*Rosemerry Wahtola Trommer*

1 c. rolled oats
½ c. whole wheat pastry flour
½ tsp. salt
¼ c. melted butter
¼ c. maple syrup
⅓ c. chopped nuts

2 T. water
2 T. maple syrup
1 tsp. cinnamon
1 tsp. lemon juice
2 tsp. vanilla
5 c. sliced apples

Preheat oven to 350°. Melt butter in a bowl. Mix in oats, flour, salt, syrup and nuts. In another bowl, mix water, syrup, cinnamon, lemon juice and vanilla; add apples and toss. Oil an 8 x 8-inch baking dish or pie pan. Pour in apple mixture. Spread oat mix on top. Cover and bake for 1 hour. Uncover and bake 15 minutes more to crisp the topping.

PECAN APPLE CAKE*Patti Gillidette*

2 eggs
2 c. sugar
1 ½ c. vegetable oil
1 T. lemon juice
3 c. flour
1 ¼ tsp. baking soda

1 tsp. cinnamon
½ tsp. nutmeg
3 c. peeled, grated tart apples
(Granny Smith), approx. 3
apples
2 c. chopped pecans

(continued)

Beat eggs until frothy; add sugar, oil and lemon juice, mix until well blended. Put flour, baking soda, cinnamon and nutmeg in a bowl and mix together until well blended. Gradually add the wet ingredients. Mix apples and pecans into all other ingredients. Grease and flour a bundt pan. Bake cake at 325° for 1 ½ hours.

Cake Frosting:

6 oz. softened cream cheese	¾ tsp. cinnamon
2 cubes softened unsalted butter	¾ tsp. vanilla
	2 c. powdered sugar

Put the cream cheese, butter cinnamon, vanilla and powdered sugar in a bowl and beat together well. Frost cake when cooled.

PIG PICKING CAKE

Jean Williams

1 pkg. butter flavor cake mix	1 (11-oz.) can mandarin oranges
½ c. vegetable oil	(reserve 3 T. liquid)
3 eggs	½ c. chopped walnuts

Preheat oven to 350°. Grease and flour 3 (9-inch) cake pans. (Cooking spray will work as well.) Mix together cake mix, oil, eggs, mandarins and any mandarin liquid remaining after reserving the 3 tablespoons for the icing. Mix 4 minutes with electric beater. Thoroughly mix in the nuts. Spread evenly in pans. Bake for 15-20 minutes or until cake tester comes out clean. Cool completely on racks.

Icing:

1 (20-oz.) can crushed pineapple in its juice	1 (4-serving) pkg. instant vanilla pudding mix
3 T. reserved mandarin orange liquid	1 (12-oz.) tub Cool Whip, thawed

Stir together the pineapple, reserved liquid and pudding mix. Allow to stand 5 minutes to thicken. Fold in Cool Whip. Frost and fill layers with icing. You may not have enough for sides, which is okay. Keep refrigerated until ready to serve. Serves 12.

BUTTERMILK PIE

*Margie Hutchinson
Granny Mathis*

1 stick margarine (do NOT melt)	1 tsp. vanilla
2 c. sugar	5 eggs (add one at a time)
3 T. flour	1 c. buttermilk
Juice of ½ lemon or 1 ½ T.	Unbaked pie shell

Mix margarine, sugar, flour, lemon juice and vanilla together. Add 1 egg at a time, mixing well after each. Now add buttermilk. Pour into unbaked
(continued)

pie shell and bake at 325° until firm, about 1 hour. Makes 1 (9-inch) and 1 (8-inch) pie or 1 (9-inch) pie without crust.

ADULTS ONLY RUM CAKE

Nick Hoppner

Cake:

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|---|---------------------|
| 1 pkg. butter golden cake mix | ½ c. vegetable oil |
| 1 (3.4-oz.) pkg. French vanilla pudding and pie filling mix | ½ c. rum |
| ½ c. water | 5 eggs |
| | ½ c. chopped pecans |

Preheat oven to 350°. In a large bowl, combine cake mix, pudding mix, water, vegetable oil, ½ cup rum and eggs; mix batter well with a mixer. Sprinkle chopped pecans in bottom of prepared bundt cake pan. Pour in batter. Bake 1 hour or until done. Cool cake (about 45 minutes) then turn out onto serving plate. Prick cake all over with a long tined fork.

Glaze:

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|------------|-------------------------|
| 1 c. sugar | ¼ c. water |
| ¼ c. rum | 1 stick unsalted butter |

Combine in small saucepan sugar, rum and water; bring to a boil then add butter. When butter is melted and sauce is mixed, pour warm sauce over cake. Let sit for a couple of hours or overnight to marry. Slice and serve.

YUMMY CHOCOLATE ICE CREAM

*Peggy Westbrook
Myrtle Hogue*

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|--|------------------------|
| 1 c. chocolate syrup | 1 ½ pt. whipping cream |
| 1 can Eagle Brand sweetened condensed milk | ¼-½ tsp. rum flavoring |

Combine in mixer bowl and chill in refrigerator about 1 hour. Whip chilled mixture until fluffy. Freeze in container.

AMBROSIA

Margie Hutchinson

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|-------------------------------------|---------------------------------|
| 1 lg. can fruit cocktail with juice | Can pineapple chunks with juice |
| 3 oranges, cut up | Jar of cherries, drained |
| 2 apples, cut up | Coconut |

Mix all ingredients together and enjoy.

BANANA PUDDING*Margie Hutchinson*

1 lg. instant vanilla pudding
1 can Eagle Brand sweetened
condensed milk

1 (9 oz.) Cool Whip
Bananas, sliced
Vanilla wafers

Prepare pudding according to directions; add milk then Cool Whip. Put cookies and bananas in bowl. Top with the pudding mixture; serve.

CHOCOLATE MOUSSE PIE*Myrtle Hogue*

1 pkg. fat free sugar-free instant
chocolate pudding

1 c. skim milk
½ tub fat free whipped topping

Combine pudding and milk, beating until thick; add whipped topping, stir until blended. Pour into graham cracker crust putting remainder of Cool Whip on top.

BREAD PUDDING*Margie Hutchinson
Florence Nation*

6 eggs
1 c. sugar
1 tsp. vanilla
4 slices bread, also heels,
cubed

Milk
¼ c. rum
Buttered 2-quart baking dish
⅛-¼ c. sugar

Bear eggs until stiff; add sugar and vanilla beating until thick and creamy. Stir in cubed bread. Pour into prepared baking dish; add and stir in enough milk and rum to fill dish to within 1 inch of top. Sprinkle with sugar. Bake at 350° for about an hour or until water separates from milk.

CHOCOLATE KAHLUA PIE*Jean Williams*

1 Duncan Hines devil's food
cake mix (no pudding in the
mix)
1 (about 3-oz. + or -) pkg.
instant chocolate pudding
2 c. sour cream

4 eggs
¾ c. vegetable oil
⅓ c. Kahlua
1 (6-oz.) pkg. semisweet
chocolate chips

Combine cake mix, pudding, sour cream, eggs, oil and Kahlua; mix until well blended. Stir in chocolate chips. Pour into well greased (or use cooking spray with a heavy hand) bundt pan. Bake at 350° for 45-50 minutes (until cake tests done with a tester, if your tester contacts melted chocolate chips it will appear that the cake is not done. The better way to tell if it is done is if the sides of the cake have pulled away from the sides of the pan and the cake has a springy feel when pressed

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with a finger.) Cool 10 minutes in pan and then invert on rack. When cake is cool, dust with powdered sugar. Makes 1 bundt cake.

STRAWBERRY PIE

Alice Vest

1 qt. strawberries
 ½ c. sugar
 2 T. cornstarch

Cream cheese, softened
 1 baked pie crust
 Whipped cream

Spread pie crust with softened cream cheese. Cover with ½ of the strawberries. Mash the rest of the berries and add sugar and cornstarch to pan. Cook until thickened then cool. Spread on pie. Chill then add whipped topping. **Tip:** Also good with peaches.

COCONUT CAKE

Margie Hutchinson

1 box white cake mix plus
 ingredients to mix it
 1 can cream of coconut

1 (9 oz.) Cool Whip
 1-1½ c. flaked coconut

Cook cake mix according to directions. As soon as it comes out of the oven, poke holes in cake with a fork. Pour can cream of coconut over cake. Let cool. Spread Cool Whip on cake and sprinkle with coconut. Refrigerate until ready to use.

EGGLESS MILKLESS SPICE CAKE

Evelyn Brown

Cake:

2 c. sugar
 2 c. raisins
 2 c. water
 1 c. butter
 1 tsp. cinnamon

1 tsp. vanilla
 3 c. flour
 1 tsp. salt
 1 tsp. baking soda

In saucepan put sugar, raisins, water, butter, cinnamon and vanilla; boil for 5 minutes. Add flour, salt and baking soda; mix. Pour into cake pan and bake at 350° for approximately 35-40 minutes.

Caramel Icing:

6 T. butter
 6 T. milk
 ¾ c. brown sugar

1 tsp. vanilla
 2 c. powdered sugar and up to
 ¼-½ more as needed

In a saucepan, melt butter; mix in sugar and add milk, simmer exactly 1 minute. With electric mixer, gradually add powdered sugar and heat until mixture loses its gloss.

EGGNOG CUSTARD PIE*Myrtle Hogue***1 (9-inch) unbaked pie crust****Filling:****2 c. eggnog****1/3 c. sugar****3 eggs****1/8 tsp. salt****2 T. brandy or rum****1/4 tsp. nutmeg****1 tsp. vanilla**

Preheat oven to 350°. Prick holes in bottom of crust. Bake 15 minutes to partially cook. Beat eggnog, eggs, brandy/rum and vanilla in large bowl. Add sugar, salt and nutmeg; mix well. Pour into crust. Bake 25 minutes. Then cover with foil and bake 30-40 minutes longer or until inserted knife comes out clean. Remove from oven and cool.

Topping:**1 c. whipping cream****3 T. confectioners' sugar****1 tsp. brandy/rum****Nutmeg**

Beat cream in small bowl until soft peaks form; add sugar and brandy/rum. Beat until stiff peaks form. Garnish pie with topping and sprinkle with nutmeg. Serves 8.

**EASY AND ALMOST
GUILTLESS MEXICAN
CHOCOLATE PIE***Nick Hoppner***1 prepared vanilla wafer cooked
pie crust****Filling:****1 lg. box sugar free chocolate
cook and serve pudding and
pie filling****3/4 tsp. ground cinnamon****3 c. milk****1/4 tsp. almond extract****1 T. unsweetened cocoa****Topping:****Low fat whipped cream (canned) Thin sliced almonds**

Prebake pie shell (if required) as directed. Combine pudding mix, cocoa and cinnamon in a saucepan; stir in milk. Cook according to package directions. Remove from heat; stir in almond extract. Pour cooked filling into cooled pie crust. Cover. Refrigerate for 3-4 hours. Serve each piece with a dollop of whipped cream and sprinkling of almond slices. Serves 8-10.

EASY IRISH WHISKEY CAKE

Jean Williams

Cake:

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| $\frac{3}{4}$ c. chopped nuts (opt.) | 4 eggs |
| 1 yellow cake mix | $\frac{1}{4}$ c. Irish whiskey |
| 1 sm. pkg. instant vanilla pudding mix | $\frac{1}{2}$ c. vegetable oil |
| | $\frac{1}{2}$ c. cold water |

Preheat oven to 325°. Liberally spray a bundt or tube pan with cooking spray. Sprinkle nuts over bottom of pan. Combine cake mix, pudding, eggs, whiskey, oil and water; mix well. Pour batter into pan. Bake for 1 hour. Cool; invert onto plate which will adequately hold any glaze that drips from cake. Use a large turning fork (no, not tuning fork) a small diameter metal knitting needle or bamboo skewer to prick holes all over the cake.

Glaze:

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|------------------------|-------------------------------------|
| 1 stick butter | 1 $\frac{1}{2}$ c. granulated sugar |
| $\frac{1}{4}$ c. water | $\frac{1}{2}$ c. Irish whiskey |

Melt butter in saucepan; add water and sugar. Boil for 5 minutes, stirring constantly. Remove from heat; stir in whiskey. Using a large spoon, spoon the glaze all over the cake, allowing the glaze to soak in, before spooning more glaze. Be patient with this process, you want the glaze to penetrate the cake, not run off the cake. Continue until all the glaze is used. Because it is so moist, you need not to cover the cake until after it has been cut in to. Makes 1 bundt cake, servings depend upon how you slice it: 8-12 slices. The real secret is to make it a day ahead of when you plan to serve it, so it can evenly soak up the glaze.

FRENCH COCONUT PIE

Ethel Hutchinson
Margie Hutchinson

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|---------------------------|----------------------------|
| 1 stick margarine, melted | 1 $\frac{1}{2}$ c. coconut |
| 1 $\frac{1}{2}$ c. sugar | 1 tsp. vanilla |
| 3 eggs, beaten | Unbaked pie shell |
| 1 T. vinegar | |

Combine margarine, sugar, eggs, vinegar, coconut and vanilla and pour into an unbaked pie shell. Bake at 350° for 1 hour.

EASTER DOVES

Gloria Bauer

½ c. butter (1 stick)
6 T. whipping cream
⅓ c. sugar
½ tsp. salt
½ tsp. cardamom
1 pkg. active dry yeast
¼ c. warm water (105°-115°)

3 eggs
4 c. all-purpose flour
12 raisins, cut in half
12 whole blanched almonds
1 egg yolk, beaten with 1 T. water

Melt butter in a 1- or 2-quart pan; remove from heat and stir in cream, sugar, salt and cardamom. Cool to lukewarm. In large bowl of electric mixer, combine yeast and warm water, let stand 5 minutes to soften. Add cooled butter mixtures, eggs and 2 cups flour. Hand mix until well blended and beat at medium speed for 2 minutes. Let rest 10 minutes. With heavy spoon, mix in 1 ⅔ cups more flour to make stiff dough. Turn out on lightly floured board and knead about 10-15 minutes until smooth and elastic. Place in greased bowl, dot with butter and cover with plastic wrap, let rise in warm place until doubled in size about 1 ½ hours. Punch dough down and divide into 12 equal portions. Working with one portion at a time, break off ¾-inch ball for dove head; set aside. Roll remaining portion of dough into a 9-inch long tapering rope that is 1 inch in diameter at one end and ½ inch at the other. Tie an overhand knot at the thin end of dough rope. Slash thick end 3 times to resemble dove tail feathers. Repeat with 11 remaining portions of dough, placing bodies of doves 2 inches apart on greased sheet. Now, go back and shape reserved balls of dough for dove head by forming into smooth tear-shaped drops. Settle heads into center cavities of dove bodies; press down lightly to secure. With scissors, cut small slashes on each side of head for ½ raisin eyes and 1 slash in center of head for beak. Insert wide end of almond for beak. Cover doves with plastic wrap and let rise in warm place until puffy; approximately 45 minutes. Before baking, push raisins and almonds back into head to secure. Brush doves with egg yolk mixture and bake at 375° until golden brown, 12-15 minutes. Makes 1 dozen Easter Doves.

WATERGATE CAKE

Carolyn Estes
Margie Hutchinson

1 pkg. white cake mix
¾ c. cooking oil
3 eggs
1 c. 7-Up or club soda

1 (3-oz.) pkg. pistachio instant pudding
1 c. chopped pecans
½ c. coconut

Combine mix, oil, eggs, soda, pudding, pecans and coconut in order given and mix well. Pour into a greased and floured 9 x 13-inch pan. Bake at 350° for 45 minutes.

(continued)

Cover-Up Icing:

- 2 (3-oz.) env. whipped topping mix, dry
 1½ c. milk
 1 (3-oz.) pkg. pistachio instant pudding

- ½ c. coconut
 ¾ c. chopped pecans

Combine topping mix, milk and pudding; beat until thick. Spread on cake. Sprinkle with coconut and nuts.

FRUIT COBBLER

*Florence Nation
 Margie Hutchinson*

- ¼ lb. margarine
 1 c. flour
 ¼ tsp. salt
 1½ tsp. baking powder

- 2 c. sugar, divided into two 1 c. measures
 ¾ c. milk
 1 (No. 2) can fruit and juice

Melt margarine in deep-baking dish. Mix together flour, salt, baking powder, 1 cup sugar and milk. Pour mixture into dish with melted margarine. Add canned fruit and juice; sprinkle with other cup of sugar. Bake at 375° until pastry covers top and is brown. (If fruit is already sweetened, omit the 1 cup sugar sprinkled on top). Cook in 8-inch square dish for 30 minutes in large Corning dish.

STRAWBERRY SHORTCAKE

Margie Hutchinson

- 1 box white cake mix
 1 reg. size box strawberry Jello
 3 T. flour
 4 eggs

- 1 c. Wesson oil
 ½ c. water
 ½ box frozen strawberries, thawed

Mix together and bake in greased and floured 9 x 13-inch pan. Bake at 350° for 35-40 minutes.

Filling:

- 1 stick margarine, softened
 1 box powdered sugar

- ½ box frozen strawberries

Best when it sets in refrigerator for 24 hours, so flavors can ripen. Store in refrigerator.

LIME SHERBET

*Betty Weiser
 Margie Hutchinson*

- 3 Eagle Brand sweetened condensed milk
 1 (12 oz.) frozen limeade

- 1 (32 oz.) lemon-lime drink
 2 cans Sprite
 Green food coloring

(continued)

Combine milk, limeade, lemon-lime and Sprite and put in freezer until frozen.

RHUBARB OAT CRISP

Myrtle Hogue

4 c. rhubarb, cut up

1 ¼ tsp. cinnamon

¾ c. sugar

¼ tsp. salt

Toss together.

½ c. soft butter or margarine

½ c. flour

⅔ c. brown sugar

¾ c. quick oats (reg. oats work)

Sprinkle mix over fruit mixture which has been spread in 8 x 8-inch pan. Bake at 350° for 45 minutes. Top with whipped cream, Cool Whip or ice cream.

PAM'S LEMON PIE

Pam Bowden

Myrtle Hogue

1 (9-inch) graham cracker pie crust

Filling:

3 egg yolks

1 c. sweetened condensed milk

½ c. fresh lemon juice

Mix egg yolks and sweetened condensed milk; add lemon juice. Mix by hand thoroughly. Pour into pie crust. Bake at 350° for 15 minutes.

APPLE NUT SQUARES

Myrtle Hogue

3 eggs

1 T. vanilla

½ tsp. salt

3 c. pared apples, cubed

½ c. coarsely chopped walnuts

1 ¾ c. sugar

1 ½ c. flour

3 tsp. baking powder

Grease and lightly flour 9 x 13-inch baking pan. Beat eggs until foamy. Gradually add sugar; continue to beat until thick and lemon colored. Add vanilla. Mix flour, salt and baking powder; blend into sugar mixture. Fold in apples and nuts; pour into prepared pan. Bake at 350° for 30-40 minutes. Cut into squares. May be served warm or cold.

PINK LEMONADE PIE*Sandy Jefferson*

- 6 oz. cream cheese
- Juice of ½ lemon
- 1 can sweetened condensed milk
- 6-oz. can frozen pink lemonade, thawed

- 1 med. size ctn. Cool Whip
- 1 baked pie shell, cooled
- 1 smallest ctn. whipping cream

Whip cream cheese and lemon juice until creamy. Gradually add the condensed milk then the lemonade and Cool Whip. Beat all together and pile high in the baked pie shell. Top with unsweetened whipping cream with a little vanilla in it. Refrigerate. You can use toothpicks to hold plastic wrap up off pie.

PUMPKIN PIE WITHOUT CRUST*Margie Hutchinson*

- 1 sm. can Libby pumpkin
- 10 pkgs. Equal or 3½ T. Splenda
- 1 lg. can Pet skimmed milk
- 2 eggs, slightly beaten
- ½ tsp. salt
- 1 tsp. cinnamon
- ½ tsp. ginger
- ¼ tsp. cloves

Preheat oven to 350°. Combine all ingredients. Pour into a pan that has been sprayed with Pam. Bake until knife comes out clean. Makes 4 servings.

SWEET POTATO PIE*Margie Hutchinson*

- 1 lb. sweet potatoes (4 c.)
- ½ c. margarine
- 1 c. sugar
- 1 T. cinnamon
- 1 tsp. nutmeg
- 4 egg yolks, beaten
- 4 egg whites, beaten
- ¼ c. canned milk
- 2 unbaked pie crusts

Cook potatoes in water until tender; drain and mash. Cream margarine and sugar; add cinnamon, nutmeg, egg yolks and milk. Beat the potatoes in gradually until light. Fold in egg whites. Bake at 375° for 45 minutes to 1 hour. Makes 2 (9-inch) pies.

WINE CAKE*Carol Peterson*

- 1 pkg. yellow cake mix
- 4 eggs
- 1 pkg. instant pudding (vanilla or lemon)
- ¾ c. cream sherry, light
- ¾ c. cooking oil
- ¾ c. walnuts
- Smidgen of nutmeg
- 1 tsp. vanilla
- 3 T. flour

(continued)

Mix cake mix, eggs, pudding, sherry, oil, walnuts, nutmeg, vanilla and flour together in a bowl. Put in angel food cake pan. Bake at 375° for approximately 45 minutes.

BUTTERCREAM FROSTING

Gizelle Turley

- | | |
|---|-----------------------|
| 1 ½ c. butter | 2 tsp. vanilla |
| 1 c. shortening | ¼-½ c. water |
| 1 (2-lb.) bag confectioners' sugar | |

Cream butter and shortening in mixer. Gradually add confectioners' sugar, vanilla and ½ cup water. Use less water for stiffer frosting to make flowers. Beat on high speed until light and fluffy. Enough to frost 9-inch (2-layer) cake.

ANGEL FOOD CAKE

Jody Brown

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|-------------------|-----------------------|
| 1 ½ c. oil | 2 eggs, beaten |
| 2 c. sugar | |

Mix together oil, sugar and eggs. Add alternately 3 cups of small chopped apples with:

- | | |
|------------------------|--------------------------|
| 3 c. flour | 1 c. chopped nuts |
| 2 tsp. cinnamon | ¾ tsp. salt |
| 2 T. vanilla | 1 tsp. soda |

Bake in greased and sugared angel food pan at 325° for 1 ½ hours. Cool 15 minutes before removing from pan.

WALNUT SPICE CAKE

Jody Brown

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|--|-------------------------------|
| 2 ½ c. all-purpose flour or Softasilk | ¾ tsp. ground cloves |
| 1 c. granulated sugar | ¾ tsp. ground cinnamon |
| ¾ c. packed brown sugar | ¾ c. shortening |
| 1 tsp. salt | 1 ¼ c. buttermilk |
| 1 tsp. baking powder | 3 eggs |
| ¾ tsp. baking soda | 1 c. chopped walnuts |
| | Caramel frosting |

Heat oven to 350°. Grease and flour 2 round pans, 9 x 1 ½ inches. Beat all ingredients except walnuts and frosting on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl frequently. Stir in walnuts. Pour into pans. Bake 35-45 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans and cool completely. Fill and frost with Caramel Frosting.

(continued)

Caramel Frosting:

Melt $\frac{1}{2}$ cup margarine or butter in a 2-quart saucepan. Stir in 1 cup packed brown sugar. Heat to boiling, stirring constantly. Boil and stir over low heat 2 minutes. Stir in $\frac{1}{4}$ cup milk; heat to boiling and remove from heat. Cool to lukewarm. Gradually stir in 2 cups powdered sugar. Place saucepan in bowl of cold water; beat until smooth and spreading consistency. **Tip:** High altitude directions (3500-3600 feet). No changes needed.

MANDARIN ORANGE DESSERT*Jody Brown***1 sm. pkg. orange Jello****1 pt. orange sherbet****1 c. boiling water****1 med. loaf angel food****1 sm. can mandarin oranges,
drained, juice reserved**

Dissolve Jello in hot water; add juice and sherbet. Stir until dissolved. Chill until syrupy. Whip 1 package Dream Whip and fold into Jello. Break cake into small pieces. Put 1 layer in large cake pan. Pour $\frac{1}{3}$ Jello mix over this, the orange sections. Add another layer of cake and remaining Jello. Chill.



cookies & Candy

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Helpful Hints

- Unbaked cookie dough can be covered and refrigerated for up to 24 hours or frozen in an airtight container for up to 9 months.
- Bake one cookie sheet at a time on the middle oven rack.
- Decorate cookies with chocolate by placing cookies on a rack over waxed paper. Dip the tines of a fork into melted chocolate and wave the fork gently back and forth to make line decorations.
- Some cookies need indentations on top to fill with jam or chocolate. Use the rounded end of a honey dipper.
- Dip cookie cutters in flour or powdered sugar and shake off excess before cutting. For chocolate dough, dip cutters in baking cocoa.
- Tin coffee cans make excellent freezer containers for cookies.
- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleanup will be easier.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with sugar and use one cup size smaller to pack the brown sugar into its cup.
- Cut-up dried fruit often sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Instead of folding nuts into brownie batter, sprinkle on top of batter before baking. This keeps nuts crunchy instead of soggy.
- Only use glass or shiny metal pans. Dark or nonstick pans will cause brownies to become soggy and low in volume.
- When making bars, line pan with aluminum foil and prepare as directed. The bars can be lifted out, and cleanup is easy.
- Cutting bars is easier if you score the bars right as the pan leaves the oven. When the bars cool, cut along the scored lines.
- Use a double boiler for melting chocolate to prevent it from scorching. A slow cooker on the lowest setting also works well for melting chocolate, especially when coating a large amount of candy.
- Parchment paper provides an excellent nonstick surface for candy. Waxed paper should not be used for high-temperature candy.

COOKIES & CANDY

SUGAR COOKIES

Gizelle Turley

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|----------------------------------|------------------------|
| 2 ½ c. flour | ½ c. shortening |
| 1 c. confectioners' sugar | 1 egg |
| ½ c. butter | 2 tsp. vanilla |

Crumble flour, sugar, butter and shortening together by hand. Lightly beat egg and add vanilla, mix. Add to flour mixture and work until smooth dough forms. Roll out ⅛ inch thick and cut shapes. Bake at 325° for 7 minutes until very lightly browned.

HAMANTASHEN COOKIES (Haman's Ears)

*Beth Moore
Mary Turner*

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|---|--|
| 2 sticks butter or margarine,
softened | 4 tsp. baking powder (reduce a
little for high altitude) |
| 2 c. sugar | 4 c. whole wheat flour (can use
2 c. white flour and 2 c. whole
wheat flour or all white flour) |
| 2 lg. eggs | |
| 2 tsp. vanilla | |

Filling:

**Apricot preserves (or any fruit
butters, jams or pie fillings,
traditional fillings are poppy
seed and prune)**

Cut butter into sugar; blend thoroughly. Add eggs and vanilla, blending thoroughly. Add baking powder and then flour, ½ cup at a time, blending thoroughly between each. Put the batter in the refrigerator overnight or for at least a few hours. Roll out to about ¼-inch thickness and cut in 3-inch circles with a cookie cutter or glass. Put a tablespoon of filling in the middle of each circle. Fold up the sides to make a triangle, overlapping the sides as much as possible so only a little filling shows through the middle. Bake at 375° for about 10-15 minutes, until golden brown.

GRANDMA'S MISTAKE BARS

Mary Turner

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|-------------------------|---------------------|
| 1 c. butter | ½ tsp. salt |
| 1 c. flour | ¼ tsp. soda |
| 1 c. brown sugar | 2 c. oatmeal |

Cut butter in flour, brown sugar, salt and soda in a food processor. (Add oatmeal at the end so it doesn't get ground up too fine.) Pat ¾ of mixture into bottom of 9 x 13-inch pan.

(continued)

Filling:**½ c. butter****2 c. chocolate chips****1 can sweetened condensed milk**

Melt butter and chocolate chips over medium heat. Stir in sweetened condensed milk. Pour over oatmeal mixture in pan and top with reserved oatmeal mixture. Bake at 350° for 25 minutes. Cut after cooled.

PUMPKIN COOKIES*Gizelle Turley***1 c. butter****3 c. sugar****2 eggs****1 (15-oz.) can pumpkin****2 tsp. vanilla****5 c. flour****2 tsp. baking powder****2 tsp. baking soda****1 tsp. salt****2 tsp. cinnamon****2 c. semisweet chocolate chips****2 c. chopped walnuts (opt.)**

Cream butter and sugar in mixer until light and fluffy; beat in eggs. Add pumpkin, vanilla, baking soda, baking powder, salt and cinnamon. Add flour, 1 cup at a time and mix thoroughly. Add chocolate chips and walnuts. Drop by teaspoon onto cookie sheet. Bake at 350° for 10-12 minutes until lightly brown. Cool on rack.

APPLESAUCE-OATMEAL COOKIES*Gay Flack***½ c. white sugar****½ c. brown sugar****½ c. shortening****1 egg****1 c. applesauce****1 ½ c. flour****2 c. quick-cooking oats****½ tsp. salt****½ tsp. soda****½ tsp. cinnamon****¼ tsp. nutmeg****1 c. or more raisins and/or
chopped nuts**

Sift together the dry ingredients. Cream together the shortening, sugar and egg; add applesauce. Then add the dry ingredients and mix well. Then add the raisins and nuts. Drop by heaping teaspoons on an ungreased cookie sheet and bake at 375° for 10-12 minutes. Makes about 3½ dozen.

EASY COOKIE BARS*Myrtle Hogue***½ c. margarine (1 stick), melted****1 ½ c. flaked coconut****1 c. chopped nuts****1 ½ c. graham cracker crumbs****1 c. semisweet chocolate chips****1 can sweetened condensed milk**

(continued)

Mix margarine and crumbs in medium bowl. Pour into greased foil-lined 13 x 9-inch pan. Sprinkle with coconut, chocolate chips and nuts. Pour condensed milk over top. Bake at 350° for 25-30 minutes or until golden brown. Cool completely on wire rack. Cut into bars. Makes 3 dozen.

CHOCOLATE CHIP PUDDING COOKIES

Evelyn Brown

- | | |
|---|---|
| 2¼ c. flour | 1 tsp. vanilla |
| 1 tsp. baking soda | 1 pkg. chocolate Jello instant pudding mix |
| 1 c. butter or margarine, softened | 1 (12-oz.) pkg. chocolate chips |
| ¼ c. granulated sugar | 2 eggs |
| ¾ c. brown sugar | 1 c. chopped nuts (opt.) |

Mix flour and baking soda in large bowl. Combine butter, sugars, vanilla and pudding mix; beat until smooth and creamy in another bowl. Beat in eggs. Gradually add flour mixture then chips and nuts. (Batter will be stiff.) Drop by rounded teaspoons on ungreased cookie sheet, about 2 inches apart. Bake at 375° for approximately 8-10 minutes. Makes about 7 dozen.

CHOCOLATE CINNAMON BARS

Esther Gillidette

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|-----------------------------|-------------------------|
| 2 c. sifted flour | ½ c. soft butter |
| 1 tsp. baking powder | ½ c. shortening |
| 1 c. sugar | 1 egg |
| 3 tsp. cinnamon | 1 egg white |

Sugar Mixture:

- | | |
|------------------------|---------------------------------|
| ⅓ c. sugar | ½ pkg. chocolate chips |
| 1 tsp. cinnamon | ½ c. chopped nuts (opt.) |

Sift together flour, baking powder, sugar and cinnamon in large bowl; add butter, shortening and egg, blend well. Turn into lightly greased 15 x 10 x ¾-inch pan. Sprinkle with sugar mixture. Bake at 350° for 25 minutes. Cool, cut into bars.

FOUR LAYER DESSERT

Margie Hutchinson

Crust:

- | | |
|----------------------------|--------------------|
| ¼ c. diet margarine | ¼ tsp. salt |
| ¾ c. flour | |

(continued)

Fruit:

2 sliced bananas or 2 c. slight strawberries

Mix margarine, flour and salt together and press into 8-inch pan sprayed with Pam. Bake at 375° for 15 minutes or until golden brown. Cool to room temperature.

Cream Cheese Filling:

**1 c. low fat cream cheese
½ tsp. vanilla**

10 pkts. sweetener

Mix cream cheese, vanilla and sweetener until creamy, set in refrigerator until ready to use.

Pudding:

Jello instant sugar free made with skim milk

1 c. Cool Whip

Spread the cream cheese filling on the baked crust. Put sliced fruit on top of cream cheese then spread the pudding and top with 1 cup Cool Whip. Refrigerate until ready to use.

EIGHT LAYER MAGIC COOKIE BARS

*Margie Hutchinson
Dawn Vaillancourt*

**½ c. margarine or butter
1 ½ c. graham cracker crumbs
1 (14-oz.) can sweetened condensed milk
1 c. (6 oz.) sweetened condensed milk**

**1 (6-oz.) pkg. butterscotch-flavored chips
1 ½ c. flaked coconut
1 c. chopped nuts
1 c. raisins**

Preheat oven to 350° (325° for glass dish). In 13 x 9-inch pan melt margarine in oven. Sprinkle crumbs over margarine. Pour sweetened condensed milk evenly over crumbs. Top with chocolate chips, butterscotch chips, coconut and nuts; press down firmly. Bake 25-30 minutes or until lightly browned; cool. (Chill, if desired.) Cut into bars. Store loosely covered at room temperature.

OATMEAL PUDDING COOKIES

Evelyn Brown

**1 ¼ c. flour
1 tsp. baking soda
1 c. butter or margarine, softened
¼ c. granulated sugar**

**¾ c. brown sugar
1 pkg. Jello instant pudding
2 eggs
3 ½ c. quick-cooking oats
1 c. raisins (opt.)**

(continued)

Mix flour and soda in small bowl. Combine butter, sugars and pudding mix in large bowl. Beat until smooth and creamy. Beat in eggs. Gradually add flour mixture then stir in oats and raisins. Drop by rounded teaspoons on ungreased cookie sheet about 2 inches apart. Bake at 375° for approximately 10-15 minutes. Makes about 5 dozen.

CHRISTMAS FUDGE COOKIES

Myrtle Hogue

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|--|--------------------------------------|
| 1 can sweetened condensed milk | 6 oz. chocolate chips |
| 2 tsp. butter (margarine will work) | 1 c. flour |
| | 1 c. nuts (pecans or walnuts) |
| | 1 tsp. vanilla |

Melt chocolate chips and butter on low heat. Stir and add Eagle Brand sweetened condensed milk, flour, nuts and vanilla. Cool. Spoon by teaspoon on greased pan. Bake at 325° for 10-12 minutes.

SCRUMPTIOUS CHOCOLATE LAYER BARS

Ann Forsberg

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|--|---|
| 2 c. (12 oz.) semisweet chocolate chips | 1½ c. sugar |
| 1 (8-oz.) pkg. cream cheese | 1 tsp. baking powder |
| ⅔ c. (5.3-oz. can) evaporated milk | ½ tsp. salt |
| 1 c. chopped walnuts | 1 c. butter or margarine, softened |
| ½ tsp. almond extract | 2 eggs |
| 3 c. unsifted all-purpose flour | ½ tsp. almond extract |

Combine chocolate chips, cream cheese and evaporated milk in medium saucepan. Cook over low heat, stirring constantly until chips are melted and mixture is smooth. Remove from heat; stir in walnuts and ½ teaspoon almond extract. Blend well and set aside. Combine remaining ingredients in large mixer bowl; blend well with mixer until mixture resembles coarse crumbs. Press half of mixture into greased 13 x 9-inch pan. Spread with chocolate mixture. Sprinkle rest of crumbs over filling. Bake at 375° for 30 minutes or until golden brown. (Do **not** overbake, keep checking bars.) Cool, cut into bars. Makes approximately 3 dozen bars.

ZUCCHINI COOKIES*Myrtle Hogue*

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|---------------------------------------|------------------------------|
| 1 c. margarine, room temp. | 1 tsp. vanilla |
| 2 lg. eggs | 2¾ c. flour |
| 2 c. grated zucchini | 1 tsp. cinnamon |
| 2 tsp. baking powder | 1 c. walnuts, chopped |
| 1 tsp. salt | ½ c. raisins |
| 1 c. semisweet chocolate chips | 1 c. coconut |
| 1½ c. sugar | |

In a large bowl cream together margarine and sugar until light and fluffy. Beat in eggs and vanilla. Stir in zucchini. In a medium bowl, whisk together flour, baking powder, cinnamon and salt. Add to zucchini mixture. Stir in nuts, chocolate chips, raisins and coconuts. Drop by tablespoon onto greased or buttered cookie sheet. Bake at 350° until lightly browned, 15-20 minutes. Cool. Makes 5 dozen cookies.

APPLESAUCE COOKIES*Myrtle Hogue*

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|-----------------------------------|-----------------------------|
| 1 c. applesauce | 1 c. sugar |
| ½ c. butter (or margarine) | 1 egg |
| ½ tsp. salt | 1 c. raisins |
| 1 c. nutmeats | 2 c. flour |
| 1 tsp. soda | 1 tsp. baking powder |
| 1 scant tsp. cloves | 1 tsp. cinnamon |

Mix all together and drop by spoonful on well greased cookie sheet. Bake slowly at 300°-325° for 15-18 minutes. May have to monitor cooking time. These cookies stay moist and fruity for a long time.

MOCK COCONUT COOKIES*Myrtle Hogue
Phyllis Herne*

- | | |
|--------------------------|---------------------------------|
| 1 c. sugar | 2 tsp. coconut flavoring |
| 1 stick margarine | 1⅓ c. Bisquick |
| 1 egg | 1½ c. potato flakes |

Cream together sugar, margarine and egg. Add flavoring and Bisquick. Fold in potato flakes LAST! Drop by teaspoon on greased cookie sheet. Bake at 350° for 10-12 minutes. Makes 3½ dozen.

AUNT LOA'S OATMEAL COOKIES

Aunt Loa

2 eggs
1 c. margarine
1 c. sugar
1 T. cinnamon
1 c. raisins
1-1 ½ c. water

5 T. raisin liquid
2 c. flour
2 c. oatmeal
1 T. vanilla
½ c. nuts

Mix eggs, margarine, sugar and cinnamon in bowl. Put raisins and enough of the water to cover and bring to a boil. Cool. Reserve 5 tablespoons of the liquid. Add the reserved liquid, drained raisins, flour, oatmeal, vanilla and nuts to the egg mixture. Drop by spoonful on cookie sheet. Bake at 325° for 15 minutes.

CARROT COOKIES

Myrtle Hogue

¾ c. sugar
1 egg
2 c. flour
1 tsp. vanilla

¾ c. shortening
1 c. cooked mashed carrots
1 c. nuts if desired

Mix all together. Drop by spoonful on pan. Bake at 350°-375° for 12 minutes.

HOOT OWL COOKIES

Mrs. Carey Salomonson
Jody Brown

2½ c. flour
2 tsp. baking powder
½ tsp. salt
¾ c. margarine
1 c. packed brown sugar
1 unbeaten egg

1 tsp. vanilla
1½ squares unsweetened chocolate
¼ tsp. soda
1 pkg. M & M's
1 sm. pkg. cashews

Sift flour, baking powder and salt. Cream butter, gradually add sugar, creaming well. Blend in egg and vanilla, beat well. Melt chocolate, cool. Add dry ingredients gradually to egg mixture. Remove ⅔ of dough to floured board. Stir soda into chocolate and blend mixture into remaining dough. Chill ½-1 hour. Roll out half of light dough to a 10 x 4-inch strip. Shape half of dark dough into a roll 10 inches long. Place on strip of light dough. Mold sides of light dough around dark dough, wrap in foil. Repeat with remaining dough. Chill 2 hours. Cut into slices ⅛ to ¼ inch thick. Place 2 slices together side by side on greased baking sheet. Pinch ears, put on eyes and beak. Eyes are made of M & M's and beak is half a cashew. Bake at 350° for 8-10 minutes. Makes 3 dozen.

GINGERSNAPS*Jody Brown***1 c. sugar** **$\frac{3}{4}$ c. shortening** **$\frac{1}{4}$ c. molasses****1 egg**

Mix in bowl.

2 c. flour**2 tsp. soda** **$\frac{1}{4}$ tsp. salt****1 tsp. cinnamon** **$\frac{1}{2}$ tsp. ground cloves****1 tsp. ground ginger**

Add all remaining ingredients and mix well. Chill for easy handling. Shape into 1-inch balls. Roll in sugar. Place 2 inches apart on greased cookie sheet. Bake in preheated 375° oven for 9-12 minutes.

TURTLES*Sandra Morris***Sm. bag pretzels****Bag of caramel bits****Bag of pecan halves**

Using parchment paper on cookie sheet, lay out small pretzels. Put one caramel bite on each pretzel. Heat in 300° oven for 6-8 minutes until soft. Take out of oven. Immediately press pecan half on top. Cool completely before moving.

BOURBON BALLS*Margie Hutchinson***1 (6 $\frac{1}{4}$ -oz.) box vanilla wafers****2 c. finely chopped or ground nuts****1 c. sifted powdered sugar** **$\frac{1}{2}$ tsp. salt****2 T. light corn syrup****2 T. cocoa** **$\frac{1}{3}$ c. bourbon**

Crush vanilla wafers; add nuts, sugar, salt, syrup, cocoa and bourbon; stir until mixture hold together. Shape into bite-size balls. Roll in additional powdered sugar. Makes about 2 dozen depending on size of ball.

BARB NAGEL'S PEANUT BUTTER FUDGE*Myrtle Hogue***1 c. Nestle's Quik****1 lb. confectioners' sugar****1 c. peanut butter****2 sticks margarine, melted**

Blend together and mix well in a bowl. Spread in shallow dish or pan. Refrigerate to cool.

WINTER BARK*Carol Peterson*

8 oz. white chocolate, chopped
 12 oz. bittersweet chocolate,
 chopped

7 oz. salted cocktail peanuts
 (1 ½ c.)

Place white chocolate in heat-proof bowl set over pan of simmering water, stirring occasionally until chocolate melts. Remove from heat. Melt bittersweet chocolate in a heat-proof bowl set over a pot of simmering water, stirring occasionally. Stir in peanuts. Remove from heat and spread on parchment-lined rimmed baking sheet, spreading peanuts in a single layer. Drop spoonfuls of white chocolate on top and swirl white chocolate with a skewer. Refrigerate until set, about an hour. Break bars into large pieces. Bark will keep, covered and refrigerated, for up to 2 weeks.

DAN'S BOURBON BALLS*Myrtle Hogue*

1 c. powdered sugar
 1 ½ T. cocoa
 1 c. raisins, chopped
 2 c. vanilla wafers, crushed

1 c. nuts, chopped
 3 T. light corn syrup
 2 jiggers bourbon
 Powdered sugar

Mix sugar, cocoa, raisins, vanilla wafers and milk well in large bowl. Add corn syrup and bourbon, mixing well. Roll into small balls. Roll balls in powdered sugar. Makes 24 bourbon balls. Store in tightly covered containers.

PEANUT BUTTER COOKIES*Myrtle Hogue
Aunt Loa*

1 c. chunky peanut butter
 1 c. sugar
 1 egg

Shake of salt
 Capful of vanilla

Mix all ingredients in bowl. Drop by spoonful on cookie sheet. Bake at 300° for 15-18 minutes.



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Favorite Recipes

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Helpful Hints

- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked, thawed foods.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Always use frozen, cooked foods within 1–2 months.
- To avoid teary eyes when cutting onions, cut them under cold running water or briefly place them in the freezer before cutting.
- Fresh lemon juice will remove onion scent from hands.
- To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before cutting and squeezing.
- Add raw rice to the salt shaker to keep the salt free flowing.
- Transfer jelly and salad dressings to small plastic squeeze bottles – no more messy, sticky jars!
- Ice cubes will help sharpen garbage disposal blades.
- Separate stuck-together glasses by filling the inside glass with cold water and setting both in hot water.
- Clean CorningWare® by filling it with water and dropping in two denture cleaning tablets. Let stand for 30–45 minutes.
- Always spray your grill with nonstick cooking spray before grilling to avoid sticking.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste.
- Purchase a new coffee grinder and mark it “spices.” It can be used to grind most spices; however, cinnamon bark, nutmeg, and others must be broken up a little first. Clean the grinder after each use.
- In a large shaker, combine 6 parts salt and 1 part pepper for quick and easy seasoning.
- Save your store-bought bread bags and ties—they make perfect storage bags for homemade bread.
- Next time you need a quick ice pack, grab a bag of frozen peas or other vegetables out of the freezer.

THIS & THAT

YUKON JACK SAUCE

Myrtle Hogue

½ c. butter or margarine
½ c. brown sugar
½ c. sugar

1 egg
3 T. Yukon Jack liquor

Melt margarine and sugars over low heat, stirring until dissolved. Whisk egg in small bowl; gradually add to butter/sugar mixture. Whisk until smooth without boiling. Whisk in Yukon Jack.

GLAZED PARTY NUTS

Myrtle Hogue

2 lbs. mixed raw nuts (peanuts, walnuts, almonds, cashews, etc.)

⅓ c. cooking oil
⅓ c. water
Kosher salt

⅓ c. dark corn syrup

Mix syrup, oil and water in 9 x 13-inch pan and mix with nuts. Place in preheated 300° oven for 1 ½ hours, stirring occasionally until liquids have been absorbed and nuts are glazed. Spread on broiler pan. Sprinkle with salt and work until pieces are separated. Yields 4 cups.

SPICED AIR FRESHENER

Cinnamon sticks, broken
Lemon, orange and lime peels, cut into sm. pieces and dried
Ground nutmeg

Whole cloves
Mint leaves, dried
Rosemary

Combine the above ingredients. Pout in a small ginger jar and remove the top once a week for a refreshing aroma. Especially nice for the kitchen at Christmas. Or place in a red or green dish with a votive candle in the center. When the candle is lighted, the aroma moves into the room. **Tip:** Dry peels in conventional oven at 200° for about 4 hours or dry by air on a cookie sheet in a dry place for about 2 weeks. Or in the microwave oven on a paper plate for about 5 minutes.

PIEROGIES

Patti Gillidette

Use 1 egg for each cup of flour, 2 cups flour in a bowl. Make a well. Beat 2 eggs and drop in well; mix well. Add ½ cup cold water and mix ingredients until sticky; form into a ball. Sprinkle flour on flat surface and knead until smooth, adding flour as needed. Set aside in foil for at least ½ hour at room temperature. Divide dough in half; roll in flour. Cut

(continued)

dough into squares or into circles. Add potato filling to each square or round and pinch very tightly (or use fork to close each one around the edges). Boil each in boiling water for 5 minutes, stirring occasionally. Drain in colander. Rinse with cold water. Store in bowl until ready to prepare to serve, add some butter so they do not stick together. Fry each one in butter with sliced green onions. **Pierogies-Potato Filling:** Boil some potatoes (depends on size, but enough to fill pierogies above). Mash potatoes, adding sliced cheese of your choice, add salt and pepper to your taste. Cool potato mixture before filling.

MARY TURNER'S PLAY DOUGH

Mary Turner

- | | |
|---|---------------------------|
| 2½ c. flour | 3 T. oil |
| ½ c. salt | 2 c. boiling water |
| 1 T. alum | |
| 2 pkgs. unsweetened powdered fruit drink | |

Put flour, salt, alum and fruit drink in a bowl and mix. Add oil and boiling water to dry ingredients; knead until well mixed. Let cool. May feel sticky at first, just keep working with it.

CRANBERRY JELLY

Julie Wahtola

- 2 c. water**
- 2 c. sugar**
- 4 c. cranberries (measure accurately, neither significantly more nor less)**

Heat water and sugar over medium-high heat; bring to a boil. Lower heat and boil for 5 minutes to dissolve sugar. Add cranberries and boil gently for 15 minutes. The skins will pop and the mixture will thicken. Stand a colander in a pie plate or larger bowl. Mash berries through a colander with a rubber spatula until only dry skins are left. Stir the jelly and pour into a pretty serving bowl or into a mold and refrigerate to set jelly.

GINGER LEMONADE FOR TREATING COLDS AND FLU

Winnie Van Over
Mary Turner

- | | |
|--|--|
| 2 T. freshly grated gingerroot (use lg. holes on a box grater, no need to peel) | 1 tsp. honey |
| 2 c. boiling water | 2 T. freshly squeezed lemon juice |
| | Pinch of cayenne pepper |

(continued)

Pour water over ginger and allow to steep for 5-10 minutes. Strain out the ginger and add honey, lemon juice and cayenne pepper. Stir and drink.

PESTO

Mary Turner

3 c. fresh basil leaves
5-10 cloves garlic, peeled (yes,
you can use less garlic)
½-1 c. pine nuts
Parmesan cheese

½ c. freshly squeezed lemon
juice (don't use the stuff in
the little plastic lemon)
½ c. olive oil

Put the basil, garlic, pine nuts and Parmesan cheese in a blender or food processor. Process until chopped and then drizzle in lemon juice and olive oil. You can adjust any of the ingredients to taste. Put ¼-cup blobs on a cookie sheet lined with waxed paper and freeze for about 1 hour. After it is frozen, you can transfer the blobs to a sealable freezer bag.

TORTILLAS

Mary Turner

4 c. flour (I will use up to ½
whole wheat)
1 ½ tsp. salt

1 ½ tsp. baking powder
4 T. lard or shortening
1 ½ c. warm water

Combine flour, salt and baking powder in a mixing bowl. Cut in shortening. Make a well in the center and add water a small amount at a time. Knead dough until it feels smooth and elastic. Cover and set aside for 15 minutes to an hour. Form tortillas into 12 balls. With rolling pin, roll out on a floured surface to about 6 inches in diameter. Cook on preheated, ungreased skillet over medium-high heat about 2 minutes per side or until tortilla looks slightly speckled. Cover with a clean towel to keep warm and soft until served.

FRITO PIE

Margie Hutchinson

1 pkg. reg. Fritos
Diced tomatoes
Shredded lettuce

Diced onions
Can of chili or homemade
Grated cheese

Put each ingredients in a separate bowl and let each guest fix own plate. Usually starting from the top of the ingredient list and piling all other ingredients on top of Fritos. If each person uses a pie plate, they can be heated in the oven or just heat up the Fritos.

MAKE YOUR OWN VANILLA

*Chrissy Shea
Dawn Vaillancourt*

**Vanilla bean
Vodka**

Jar

Put bean in jar, cover with vodka. Let sit in dark place 2-3 weeks. When empty, refill with more vodka using the bean 2 more times, before replacing bean.

GREEN TREES

Margie Hutchinson

**2 c. corn syrup
1 gal. boiling water**

**1 oz. garden iron or vitamins
4 tsp. bleach**

Mix all ingredients together. Add hot water every couple of days.

GOUGERE

Pâté a Choux:

**1 c. water
½ c. butter
1 c. flour**

**Pinch of salt
4 eggs
½ c. grated cheese**

Put water and butter in pan on stove over medium heat until butter melts. Add flour and salt; stir until balls forms. Take off heat and cool for 5 minutes. Add 1 egg at a time, mixing well after each; mix in cheese.

Filling:

**4 T. butter
2 onions, 1 c. chopped
½ lb. sliced mushrooms
1 ½ T. flour
1 tsp. salt
¼ tsp. pepper**

**1 env. instant chicken broth
1 c. hot water
2 lg. tomatoes, cut in quarters,
then in half
1 ½ c. ham in thin strips
2 T. shredded cheese**

Sauté onions in butter until soft, not browned. Add mushrooms, cook 2 minutes, add flour, salt and pepper; cook 2 minutes. Add broth and water; bring to a boil stirring. Simmer 4 minutes, add tomatoes and ham. Butter 10- to 11-inch pie pan, spoon in Pâté a Choux around edge, put filling in center and top with cheese. Bake at 400° for 40 minutes.

DATE ROLL

Jody Brown
Dawn Vaillancourt

1 lb. graham crackers
1 lb. dates
1 c. nuts (walnuts, pecans)

1 lb. mini marshmallows
1 c. whipping cream, sweet

Set aside 6 crackers; crush the rest and set aside. Cut dates and nuts into small pieces. Mix marshmallows and crumbs together; add cream, dates and nuts. Form into a roll. Let stand 1 hour. Now crush the 6 set aside crackers. Roll in remaining crackers and wrap in wax paper. Put in refrigerator for 12 hours. Slice and serve.

RHUBARB MUFFINS

Jody Brown
Dawn Vaillancourt

1½ c. packed light brown sugar
½ c. salad oil
2 tsp. vanilla

1 c. buttermilk
1½ c. dried rhubarb
½ c. chopped nuts

Combine brown sugar, oil, vanilla and buttermilk; beat well. Stir in rhubarb and chopped nuts

2½ c. flour (all white or half
white, half whole wheat)
1 tsp. soda

1 tsp. baking powder
½ tsp. salt

Combine flour, soda, baking powder and salt; add both mixtures together and mix well. Spoon into muffin cups. Bake at 400° for 20-25 minutes. Sprinkle with cinnamon sugar before baking. **Tip:** Can be wrapped in foil and frozen for some cold winter morning and served hot. Makes about 20 muffins.

PEANUT BUTTER TREAT FOR DOGS AND PEOPLE

Jody Brown

3 c. whole wheat flour
½ c. rolled oats
2 tsp. baking powder

1-1½ c. milk
1¼ c. peanut butter
1 T. molasses

Heat oven to 350°. Combine flour, oats and baking powder in large bowl. In another bowl, combine milk, peanut butter and molasses until smooth; add to dry ingredients. Knead dough 7-10 times. Roll out dough to ¼-inch thickness and cut into shapes. Bake 20 minutes or until lightly brown. Turn off oven leaving pan in oven until cool. Store in airtight container.

ROCKY ROAD CANDY*Warren Brown*

3 T. butter
1 pkg. chocolate chips
 $\frac{3}{4}$ c. peanut butter

$\frac{1}{2}$ bag mini marshmallows
1 c. nuts

In a double boiler over medium heat melt the butter, chips and peanut butter, stir occasionally. Let cool a bit then add marshmallows and nuts. Grease a brownie pan and pour in mixture. After it cools, cut into squares.

SEALABLE OMELET*Judy Williams*
Ginny Spaven

2 eggs, scrambled
Cheese, ham, bacon, sausage,
pepper, mushrooms, cut up
bite-size pieces

Salt and pepper

Put eggs and other ingredients that you would like in your omelet bag. Boil about 13 minutes in pot of boiling water. You can cook several bags at once, make sure you write your name on your bag.

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PANTRY BASICS

A WELL-STOCKED PANTRY provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

STAPLES

Baker's chocolate
Baking powder
Baking soda
Barbeque sauce
Bread crumbs (plain or seasoned)
Chocolate chips
Cocoa powder
Cornmeal
Cornstarch
Crackers
Flour
Honey
Ketchup
Lemon juice
Mayonnaise or salad dressing
Non-stick cooking spray
Nuts (almonds, pecans, walnuts)
Oatmeal
Oil (olive, vegetable)
Pancake baking mix
Pancake syrup
Peanut butter
Shortening
Sugar (granulated, brown, powdered)
Vinegar

PACKAGED/CANNED FOODS

Beans (canned, dry)
Broth (beef, chicken)
Cake mixes with frosting
Canned diced tomatoes
Canned fruit
Canned mushrooms
Canned soup
Canned tomato paste & sauce
Canned tuna & chicken
Cereal
Dried soup mix
Gelatin (flavored or plain)
Gravies
Jarred Salsa
Milk (evaporated, sweetened condensed)
Non-fat dry milk
Pastas
Rice (brown, white)
Spaghetti sauce

SPICES/SEASONINGS

Basil
Bay leaves
Black pepper
Bouillon cubes (beef, chicken)
Chives
Chili powder
Cinnamon
Mustard (dried, prepared)
Garlic powder or salt
Ginger
Nutmeg
Onion powder or salt
Oregano
Paprika
Parsley
Rosemary
Sage
Salt
Soy sauce
Tarragon
Thyme
Vanilla
Worcestershire sauce
Yeast



HERBS SPICES

DRIED VS. FRESH. While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

BASIL

Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.

BAY LEAVES

Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

CARAWAY

Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

CELERY SEED

Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.

CHIVES

Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

CILANTRO

Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

CINNAMON

Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.

CORIANDER

Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.

CURRY POWDER

Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

DILL

Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

FENNEL

Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.



HERBS & SPICES

GINGER

A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

MARJORAM

May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

MINT

Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.

NUTMEG

Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.

OREGANO

Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

PAPRIKA

A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

PARSLEY

Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

ROSEMARY

Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

SAFFRON

Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.

SAGE

Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

TARRAGON

Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

THYME

Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

TURMERIC

Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs
if substituting fresh for dried.



BAKING BREADS

HINTS FOR BAKING BREADS

- Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

3 RULES FOR USE OF LEAVENING AGENTS

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount $\frac{1}{2}$ teaspoon for each egg used.
2. To 1 teaspoon soda, use 2 $\frac{1}{4}$ teaspoons cream of tartar, 2 cups freshly soured milk or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

PROPORTIONS OF BAKING POWDER TO FLOUR

biscuits	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
cake with oil	to 1 cup flour use 1 tsp. baking powder
muffins	to 1 cup flour use 1 $\frac{1}{2}$ tsp. baking powder
popovers	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
waffles	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder

PROPORTIONS OF LIQUID TO FLOUR

pour batter	to 1 cup liquid use 1 cup flour
drop batter	to 1 cup liquid use 2 to 2 $\frac{1}{2}$ cups flour
soft dough	to 1 cup liquid use 3 to 3 $\frac{1}{2}$ cups flour
stiff dough	to 1 cup liquid use 4 cups flour

TIME & TEMPERATURE CHART

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

BAKING DESSERTS

PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin

slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

PERFECT PIES

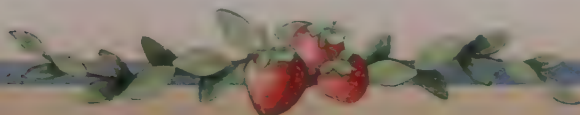
- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

PERFECT CAKES

- Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about 5 minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

TIME & TEMPERATURE CHART

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



VEGETABLES & FRUITS

COOKING TIME TABLE

Vegetable	Cooking Method	Time
artichokes.....	boiled	40 min.
	steamed.....	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima.....	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed.....	1-2 hours.
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked.....	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems.....	boiled	20-30 min.
brussels sprouts.....	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down.....	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

VEGETABLES FRUITS

BUYING FRESH VEGETABLES

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens quickly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow or limp pods.

BUYING FRESH FRUITS

Bananas: Skin should be free of bruises and black or brown spots. Purchase them slightly green and allow them to ripen at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



NAPKIN FOLDING

FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

SHIELD

Easy fold. Elegant with monogram in corner.

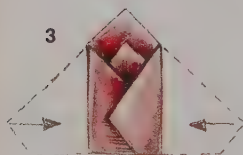
Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so they are even, single point in center.
5. Place point up or down on plate, or left of plate.

1, 2



3



4



ROSETTE

Elegant on plate.

Instructions:

1. Fold left and right edges to center, leaving $\frac{1}{2}$ " opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.

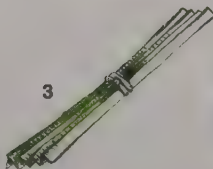
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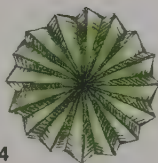
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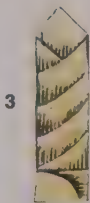
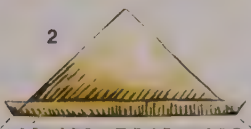
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NAPKIN FOLDING



CANDLE

Easy to do; can be decorated.

Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

FAN

Pretty in napkin ring or on plate.

Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.

1, 2



3



4



LILY

Effective and pretty on table.

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

1



2



3, 4



5



MEASUREMENTS & SUBSTITUTIONS

MEASUREMENTS

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups. All measurements are level.

C° TO F° CONVERSION

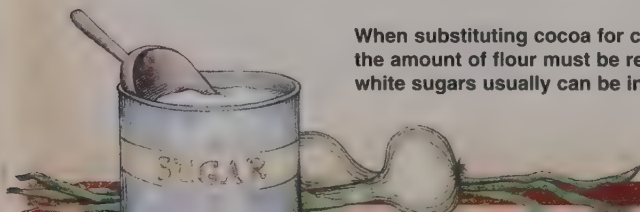
120° C	250° F
140° C	275° F
150° C	300° F
160° C	325° F
180° C	350° F
190° C	375° F
200° C	400° F
220° C	425° F
230° C	450° F

Temperature conversions are estimates.

SUBSTITUTIONS

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
ketchup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



EQUIVALENCY CHART

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cup

FOOD QUANTITIES

FOR LARGE SERVINGS

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water

Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints

Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons

Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds

Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons

Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts



QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

Acidic foods – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweeter alternative.

Burnt food on pots and pans – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

Chocolate seizes – Chocolate can seize (turn coarse and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

Forgot to thaw whipped topping – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

Hands smell like garlic or onion – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

Hard brown sugar – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

Jello too hard – Heat on a low microwave power setting for a very short time.

Lumpy gravy or sauce – Use a blender, food processor or simply strain.

No tomato juice – Mix 1/2 cup ketchup with 1/2 cup water.

Out of honey – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

Overcooked sweet potatoes or carrots – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

Sandwich bread is stale – Toast or microwave bread briefly. Otherwise, turn it into breadcrumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box.

Soup, sauce, gravy too thin – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

Sticky rice – Rinse rice with warm water.

Stew or soup is greasy – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

Too salty – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

Too sweet – Add a little vinegar or lemon juice.

Undercooked cakes and cookies – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.

COUNTING CALORIES

BEVERAGES

apple juice, 6 oz.	90
coffee (black)	0
cola, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

BREADS

cornbread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin	106
corn, 1 muffin	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpnickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

CEREALS

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, ¾ c.	110

CRACKERS

graham, 1 cracker	15-30
rye crisp, 1 cracker	35
saltine, 1 cracker	17-20
wheat thins, 1 cracker	9

DAIRY PRODUCTS

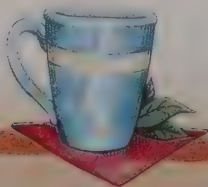
butter or margarine, 1 T.	100
cheese, American, 1 oz.	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

EGGS

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

FISH AND SEAFOOD

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 ½ oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110



COUNTING CALORIES

FRUITS

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

MEAT AND POULTRY

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

NUTS

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

PASTA

macaroni or spaghetti, cooked, 3/4 c.	115
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SALAD DRESSINGS

blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

SOUPS

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

VEGETABLES

asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30



COOKING TERMS

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudités: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut or slice vegetables, fruits or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.

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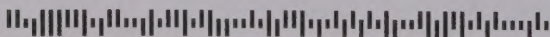
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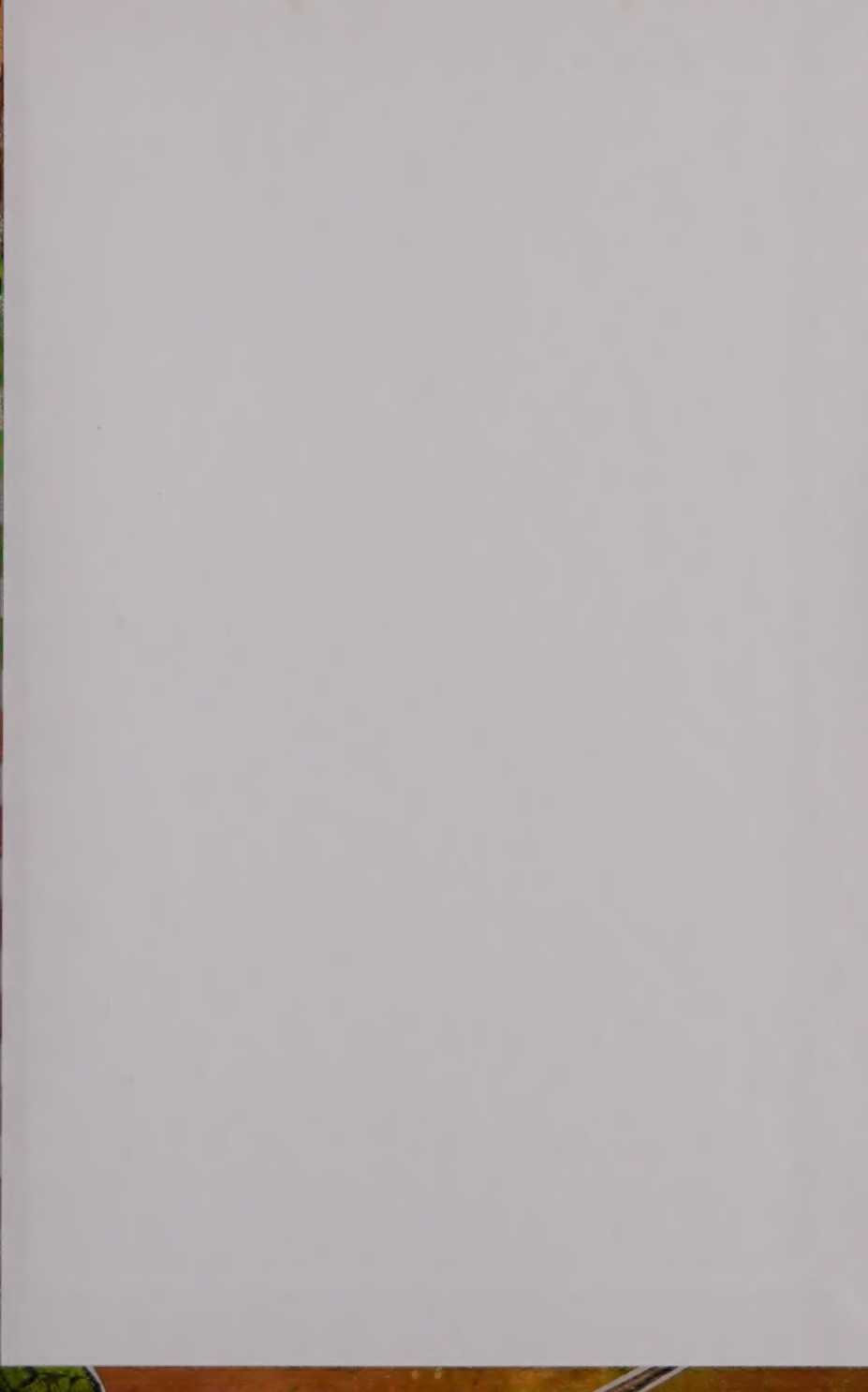
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